SWING SET: A light nylon strap gives a deceptively heavy workout | **Inside**

express

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Tuesday

JOHN MCCONNICO/AP

Sea ice has melted to its lowest level on record.

Climate Summit: Leaders at U.N. issue call for action | 10

'Roid Raids: DEA busts 120 in global steroid crackdown | 6

The Rundown: Redskins defend play-calling after loss to Giants | 13

ENTERTAINMENT

Tale of Two Shows: The CW's *'The Reaper'* mirrors NBC's 'Chuck.' Plus, the Foo Fighters still rock.

>> 17-21

Ahmadinejad Greeted With Scorn at Columbia

CHRIS HONDROS/GETTY IMAGES

UNWELCOME: Protesters at Columbia University denounce Iranian President Mahmoud Ahmadinejad during his speech on campus Monday. The university invited the hard-line Iranian leader to speak while he's in New York for the U.N. General Assembly. ✣ **Scolded:** Iranian gets a harsh introduction | **Page 3**

GM Workers Begin Walkout

Talks at an impasse, UAW calls first national strike since '76

DETROIT | The United Auto Workers called a national strike against General Motors shortly before noon Monday, and thousands of workers walked off their jobs at plants around the country, even as the two sides continued to work toward a new contract.

It marked the first national autoworker walkout since 1976 and comes at a critical time for a U.S. auto industry facing surging competition from foreign automakers such as Toyota, which ended GM's 76-year reign as the world's largest automaker earlier this year.

"This is nothing that we wanted. Nobody wins in a strike," UAW president Ron Gettelfinger said during a news conference Monday at Solidarity Hall, the UAW's Detroit headquarters. "But there comes a time when you have to draw a line in the sand."

Talks continued Monday afternoon, and it is unclear how far apart the two sides are. At stake are several issues, including job security for union workers and a commitment from GM to continue to build vehicles in the United States rather than seeking cheaper labor overseas.

GM has more than 73,000 U.S. union workers. UAW members began leaving work and raising picket signs around General Motors plants across the country as talks with the company failed to produce a new labor contract by an 11 a.m. Monday deadline.

The UAW is negotiating with each of the Big Three automakers separately; the union has yet to open talks with Ford or Chrysler.

SHOLNN FREEMAN, FRANK AHRENS (THE WASHINGTON POST)

pollcenter WAS IT WRONG FOR COLUMBIA UNIVERSITY TO GIVE IRAN'S PRESIDENT A PUBLIC FORUM? A YES B NO

WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR MONDAY'S POLL RESULTS, SEE PAGE 36

TUESDAY	WEDNESDAY	THURSDAY
88 | 66	90 | 69	86 | 65

TODAY: A very warm day with light south winds and plenty of sun | 34

eyeOpeners

NETWORKS

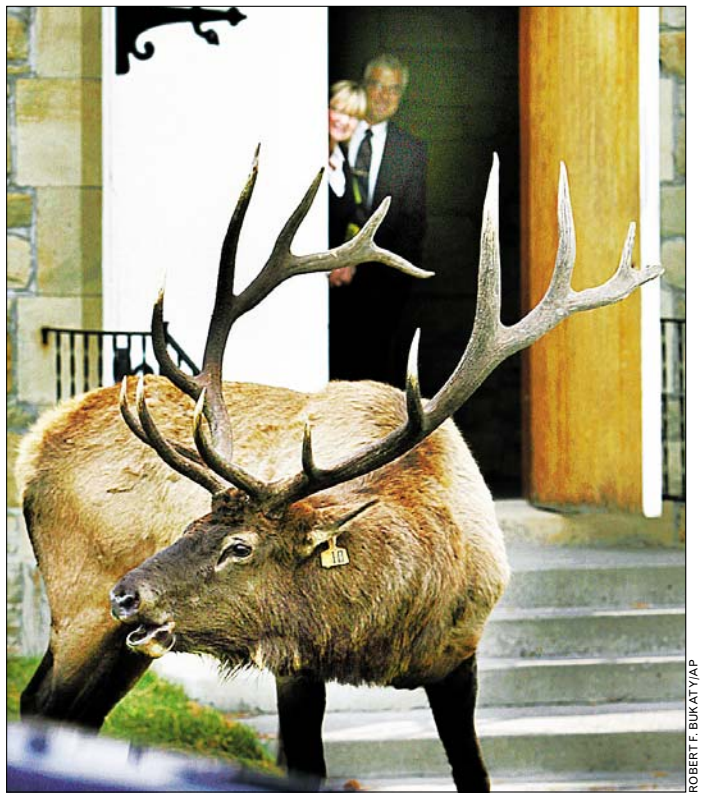
Buckeyes Reinvent Facebook From Scratch

A woman who found a digital camera outside Ohio Stadium located the owner by e-mailing an image from the camera to 14 Ohio State football-fan friends. Within 48 hours of hitting "send," Michelle Montgomery declared her social experiment a success. She was contacted by Kevin John, 45, of Shelby, Ohio, who learned through a chain of hundreds of e-mailers that Montgomery had his camera. "It shows the power of the Internet, e-mail and the Buckeye network. It's amazing how many Buckeye fans are out there," said John, a 1986 Ohio State graduate. He lost the camera after asking a cheerleader to take pictures of him and his 10-year-old son posing with the team mascot. Montgomery found the camera on her way to the game. She said the experience has taught her about the Internet's capacity to do good. "Think of the way we could use it if we wanted to do something meaningful and powerful in the world," she said. (AP)

SHARING

'Could We Have 300 Extra Spoons?'

A Sri Lankan resort is charging $14,500 for what it calls the world's most expensive dessert, a fruit-infused confection complete with a chocolate sculpture and a gigantic gemstone. "The Fortress Stilt Fisherman Indulgence" was created to give visitors at the Fortress resort a one-of-a-kind experience, said rep Shalini Perera. The dessert is a gold leaf Italian cassata flavored with Irish cream, served with a mango and pomegranate compote. It's decorated with a chocolate carving of a fisherman clinging to a stilt, an age-old local practice, and an 80-carat aquamarine stone. The dessert has yet to be ordered, though the hotel has gotten calls about it from as far away as Japan. (AP)



ROBERT F. BUKATY/AP

WILDLIFE

Mating Candidate Has Family Values

A bull elk chose the grounds of Yellowstone Park Chapel as his mating territory, showing up near the front stairs to bugle his availability to she-elks. (That's the church custodian, Christine Miller, and the Rev. William R. Young peering out from behind the door.) Park rangers kept churchgoers from entering the place of worship until the animal moved on. (AP)

ISTOCKPHOTO

"Wheeeeeeeeeeeeeeeeeeeeeeeee!"

RECORDS

Man Has Most Fun Breaking Law Ever

The fastest driver ever convicted of speeding in Britain was jailed for 10 weeks Monday after he was clocked at 172 mph. Tim Brady, 33, was caught on Jan. 27 driving the $198,000 Porsche 911 Turbo that he took without permission from his employer, a car-rental firm. The previous record — 156 mph — was set by car dealer Jason McAllister in 2003. Brady had nagged his boss take the Porsche out the day before but was repeatedly told no, the court heard. He returned the next day and took the car anyway. The judge called the act "criminally self-indulgent." "[You were] utterly thoughtless of the danger you might be creating for the innocent," he told Brady. (AP)

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WALK WITH GOD: Some homeless Minneapolis residents are walking in the Pope's shoes. Pope Benedict donated several dozen pairs of handmade Italian shoes to Sharing and Caring Hands, a homeless mission in Minneapolis.

In Brief

ALBANY, N.Y.

Facebook Subpoenaed Over Sex Solicitation Complaints

New York Attorney General Andrew Cuomo has subpoenaed Facebook after the company did not respond to "many" complaints by investigators who were solicited for sex while posing as teenagers. Investigators set up profiles as 12- to 14-year-olds, and the decoys were quickly contacted by other users seeking sex, Cuomo said. On several occasions, Facebook did not respond to written complaints, he said. (AP)

GARY EMEIGH/AP

Police escort Loyer D. Braden to court. He is accused of shooting two students.

DOVER, DEL.

Police Arrest Suspect In Shooting at University

Police arrested an 18-year-old man in the shooting of two students at Delaware State University, authorities said Monday. Loyer D. Braden, who was arrested about 3:30 a.m. in his dorm room, was charged with attempted murder, assault and reckless endangerment, as well as a gun charge, according to court documents. (AP)

Iran's Leader Gets Chilly Reception

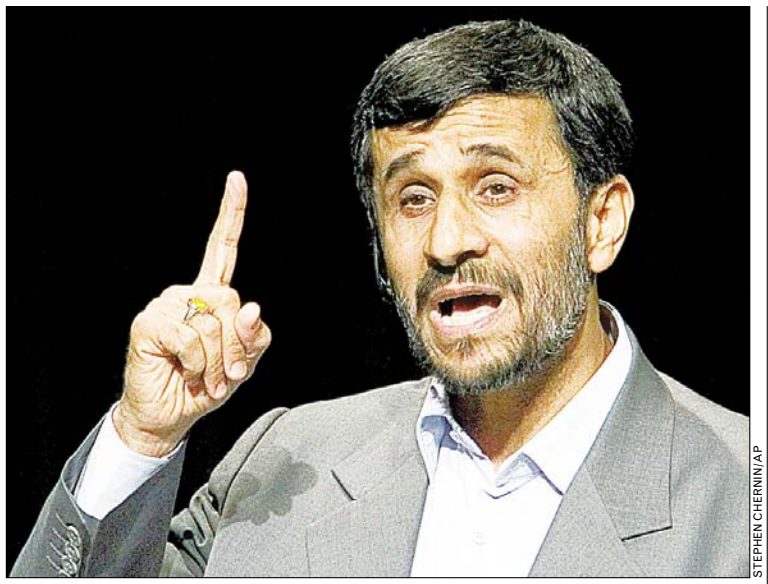
University president calls Ahmadinejad a 'petty, cruel dictator'

NEW YORK | Iranian President Mahmoud Ahmadinejad questioned the official version of the Sept. 11 attacks and defended the right to cast doubt on the Holocaust in a tense appearance Monday at Columbia University, whose president accused the hard-line leader of behaving like "a petty and cruel dictator."

Columbia President Lee Bollinger and audience members took him to task over Iran's human-rights record and foreign policy, as well as Ahmadinejad's statements denying the Holocaust and calling for the disappearance of Israel.

"Mr. President, you exhibit all the signs of a petty and cruel dictator," Bollinger said, to loud applause.

Ahmadinejad rose, also to applause, and after a religious invocation, said Bollinger's opening was "an insult to information and the knowledge of the audience here."



STEPHEN CHERNIN/AP

Iranian President Mahmoud Ahmadinejad speaks Monday at Columbia University in New York. Ahmadinejad questioned the Sept. 11 attacks during the appearance.

"There were many insults and claims that were incorrect, regrettfully," Ahmadinejad said, accusing Bollinger of falling under the influence of the hostile U.S. press and politicians.

Ahmadinejad denied he was questioning the existence of the Holocaust: "Granted this happened, what does it have to do with the Palestinian people?"

He reiterated his desire to visit Ground Zero to express sympathy with the victims of the attacks, but then appeared to question whether al-Qaeda was responsible.

"Why did this happen? What caused it? What conditions led to it?" he said. "Who truly was involved? Who was really involved and put it all together?"

Asked about executions of homosexuals in Iran, Ahmadinejad said the judiciary system executed violent criminals and high-level drug dealers, comparing them to microbes eliminated through medical treatment. "In Iran we don't have homosexuals like in your country," he said. NAHAL TOOSI (AP)

Crime Stats Higher Than Predicted

FBI finds increase in violent offenses for the second year in a row

WASHINGTON | Violent crime rose nearly 2 percent last year, the FBI reported Monday in nationwide data that show a slightly higher increase than expected.

The number of big-city murders also increased, by 1.8 percent — the same rate as homicides nationwide. Robberies and arson also rose in large population centers, but the number of rapes and car thefts dropped, FBI data show.

The new numbers confirm that crime rates continued on a two-year upward trend after a relative lull in violence between 2002 and 2004.

OUTSIDE THE LAW

- Overall, violent crime rose by 1.9 percent in 2006 — slightly higher than the 1.3 percent increase reflected earlier this summer in preliminary FBI data.
- An estimated 1,417,000 violent crimes were committed across the country in 2006.

Justice Department spokesman Brian Roehrkasse cast the report as a good news in the effort to combat gangs, guns and violence, pointing out that the rate of crimes per 100,000 people had declined to its lowest level in 30 years.

"While there's encouraging news in the latest crime rates from the FBI's Uniform Crime Reporting Program, violent crime remains a challenge for some communities," Roehrkasse said in a statement.

LARA JAKES JORDAN (AP)

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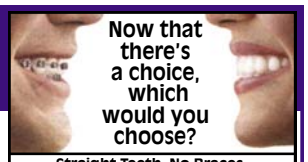

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Nation

77 **The total discount, in thousands of dollars,** given to MoveOn.org by the New York Times for its ad against Gen. David Petraeus. The paper said the discount was a mistake.

Space Trip Changes Germ

Salmonella taken on shuttle flight has deadly effect on mice

WASHINGTON | It sounds like the plot for a scary B-movie: Germs go into space on a rocket and come back stronger and deadlier than ever.

Except it really happened.

The germ: salmonella, best known as a culprit of food poisoning.

The trip: space shuttle mission STS-115, in September 2006.

The reason: Scientists wanted to see how space travel affects germs, so they took some along — carefully wrapped — for the ride.

The result: Mice fed the space germs were three times more likely to get sick and died quicker than others fed identical germs that had remained behind on Earth.

The results of the salmonella study were published in Tuesday's edition of Proceedings of the National Academy of Sciences.

JEFF HAYNES/AFP/GETTY IMAGES

The space shuttle Atlantis lifts off from the Kennedy Space Center in Florida on Sept. 9, 2006. The STS-115 mission carried samples of salmonella into space.

The researchers placed identical strains of salmonella in containers and sent one into space aboard the shuttle, while the second was kept on Earth, under similar temperature conditions to the one in space.

After the shuttle returned, mice were given varying oral doses of the salmonella and then were watched.

After 25 days, 40 percent of the mice given the Earth-bound salmonella were still alive, compared with just 10 percent of those dosed with the germs from space. And the researchers found it took about one-third as much of the space germs to kill half the mice, compared with the germs that had been on Earth.

RANDOLPH E. SCHMID (AP)

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12:00pm - 1:30pm
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1:45pm - 2:45pm

Workshops 1 - Kids/Youth
You Can Be A Millionaire Budgeting Basics
9:30am - 10:30am
How To Spend Money (Checking accounts, money management)
10:45am - 11:45am
Be The Boss - Own Your Own Business
1:15pm - 2:15pm

Workshops 2 - Kids/Youth
Be The Boss - Own Your Own Business
9:30am - 10:30am
Good Credit - Spend Now... Don't Pay Later
10:45am - 11:45am

Workshops 3 - Homeownership
Pre-Purchase Orientation: Know What You're Borrowing Before You Buy
9:30am - 10:30am
What Homeownership Is All About
10:45am - 11:45am
Money Matters
1:15pm - 2:15pm
Your Rights As A Consumer
2:30pm - 3:30pm

Workshops 4 - Small Business
Starting And Financing Your Business
9:30am - 10:30am
Improving Your Credit & Borrowing Capacity
10:45am - 11:45am
Marketing To The Local & Federal Government - A
1:15pm - 2:15pm
Why Your Business Needs Effective Marketing - B
1:15pm - 2:15pm
Marketing To The Local & Federal Government - A
2:30pm - 3:30pm
Why Your Business Needs Effective Marketing - B
2:30pm - 3:30pm

Participants will receive one-on-one counseling homeownership, personal finance for young people, and small business technical assistance. Loan assistance will be available onsite for small businesses.

Community partners for this event include: Department of Housing and Community Development, Housing Initiative Partnership (H.I.P.), Small Business Administration, Marshall Heights Community Development Organization, Housing Counseling Services.

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Nation

13.6 | **The total shortfall, in trillions of dollars,** facing the United States' Social Security system, according to a study released on Monday by the Treasury Department.

DEA Reveals Steroid Bust

Authorities arrest more than 120 people in global drug ring

PROVIDENCE, R.I. | More than 120 people, including nine linked to the New York area, have been arrested as part of an international investigation into the illicit trade of performance-enhancing drugs, federal officials said Monday.

The Drug Enforcement Administration said the investigation, dubbed Operation Raw Deal, was assisted by governments of nine other countries, including China.

In the U.S., agents seized 56 labs that manufactured anabolic steroids and human growth hormone, the DEA said. Agents seized 11.4 million doses of drugs in all.

Among those charged, federal authorities say, are a Chinese manufacturer accused of smuggling human growth hormone into the country and four men who distributed drugs through an online profile.

A search of a Farmingdale, N.Y.-based warehouse, dubbed the Strong Island Underground lab location, led to the seizure of more than 1.1 million doses of steroids, ancillary drugs in liquid and pill form, and steroid-related drug paraphernalia, prosecutors said.

DEA spokesman Michael Sanders said 143 federal search warrants were issued during the 18-month investigation, many of them since Thursday. ERIC TUCKER (AP)

JOE GIBLIN/AP

U.S. Attorney Robert Clark Corrente, front — flanked by agents from the IRS, FBI and DEA — announces arrests in an international steroid smuggling operation.

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FREE ADVICE: Roman Catholic officials reminded the faithful Monday it is sacrilegious to buy or sell religious relics, after a Web site for Pope John Paul II's cause for beautification let fans order a piece of his white cassock for free. A banner above sought donations, leading to the confusion.

In Brief

ISLAMABAD, PAKISTAN

U.S. 'Disturbed' With Arrests Before Election

The United States said Monday it was "extremely disturbed" at the arrest of Pakistani opposition leaders accused of fomenting trouble ahead of a key court ruling on President Gen. Pervez Musharraf's re-election bid. Pakistan brushed off the unusually strong criticism from the country that has counted Musharraf as a stalwart ally against al-Qaeda since the Sept. 11, 2001, attacks. "As a very close ally of Pakistan with a keen eye on Pakistan affairs, I am sure the U.S. does realize that in any democratic society there can only be a rule of law and not a rule by the mob," government spokesman Tariq Azim said. (AP)

MOSCOW

Putin Offers Minor Changes In Naming New Government

President Vladimir Putin named a new government Monday, tapping new economics and health ministers and retaining his foreign and defense ministers in an expected but largely cosmetic shuffle before parliamentary and presidential elections. The new government's naming comes just over a week after Viktor Zubkov, an obscure Cabinet official who had overseen money laundering investigation, became prime minister in a move that surprised most Kremlin experts and stoked speculation who would be Putin's successor. (AP)

Putin

KANDAHAR, AFGANISTAN

Tour Bus Collision Kills 40

Two speeding tour buses collided head-on on a southern Afghan highway Monday evening, killing about 40 people on board, a highway police commander said. The crash killed about 15 women and children, along with 25 men, said Jalali Khan, the Zabul province highway commander. It occurred on Afghanistan's main Kabul-Kandahar highway near the border area between Ghazni and Zabul provinces, he said. (AP)

Myanmar Warns Protesting Monks

More than 100,000 march in capital as protests gain strength

YANGON, MYANMAR | Myanmar's military government issued a threat Monday to the barefoot Buddhist monks who led 100,000 people marching through the capital, in the strongest protests against the repressive regime for two decades.

The warning shows the increasing pressure the junta is under to either crack down on or compromise with a reinvigorated democracy movement. The monks have taken their traditional role as the conscience of society, backing the military into a corner from which it may lash out again.

The authorities did not stop the protests Monday, even as they built to a scale and fervor that rivaled the demonstrations bloodily suppressed by the army with mass shootings 19 years ago. The government has been handling the monks gingerly, wary of raising the ire of ordinary citizens in this devout, predominantly Buddhist nation.

AP

MASS MOVEMENT: Buddhist monks march on a street in protest against the military government in Yangon, Myanmar, Monday.

However, on Monday night the country's religious affairs minister appeared on state television to accuse the monks of being manipulated by the regime's domestic and foreign enemies. Brig. Gen. Thura Myint Maung suggested that if senior monks did not restrain them, the government would act according to its own regulations, which he didn't detail.

Also on Monday, the White House weighed in with the threat of additional sanctions against the Myanmar regime and those who provide it with financial aid. (AP)

Hungary Will Issue Permits to Prostitutes

Move would allow government to cash in on $1 billion industry

BUDAPEST, HUNGARY | In an effort to bring prostitutes into the legal economy, officials said Monday that Hungary will let sex workers to apply for an entrepreneur's permit — a move that could generate government revenues from an industry worth an estimated $1 billion annually.

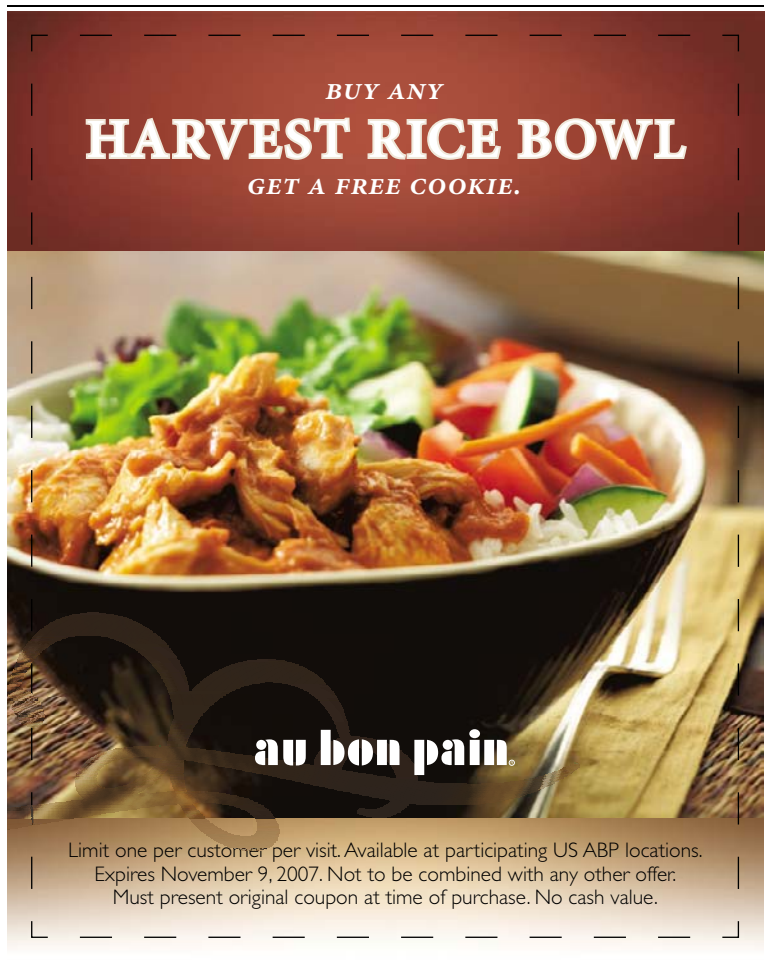
Human rights groups often have criticized Hungary for legalizing prostitution, which has been fully allowed under certain conditions since 1999.

The permits allow prostitutes to give receipts to customers and become part of the legal economy by paying taxes, said Agnes Foldi, head of the Hungarian Prostitutes' Interest Protection Association.

LASZLO BELICZAY/AP

Rebeka, Hungary's first legal sex worker, shows her business permit Monday.

"It is one of the leading sectors of the shadow economy," she said. "With this project, APEH is trying to help a group of professionals, in what is called the world's oldest profession, who have never paid taxes in their life." (AP)



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1.2 | **The amount, in millions** of dollars, that Israeli Prime Minister Ehud Olmert paid for a home, $325,000 less than the market value. Israel's attorney general is investigating the sale.

World

Blast Hits Peace Meeting

Shiite, Sunni effort to reconcile is marred by bomb that kills 15

BAQOUBA, IRAQ | A suicide bomber struck a U.S.-promoted reconciliation meeting of Shiite and Sunni tribal sheiks as they were washing their hands or sipping tea Monday, killing at least 15 people, including the city's police chief, and wounding about 30 others.

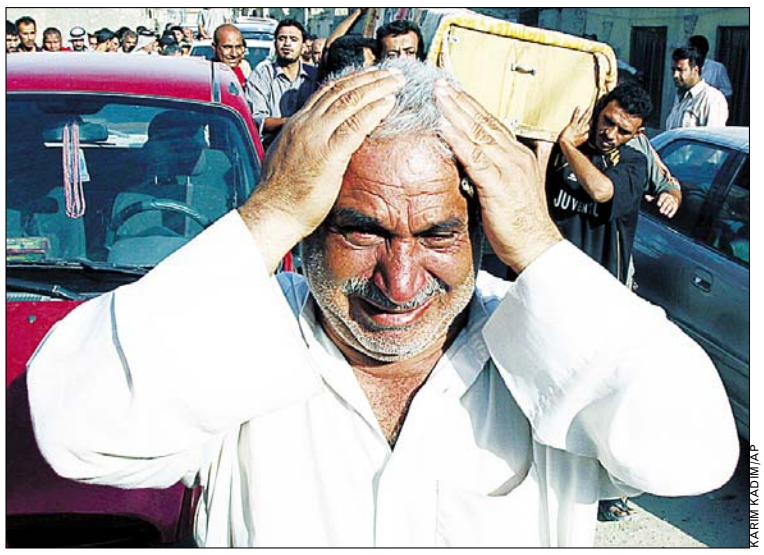
Two U.S. soldiers were also wounded in the 8:30 p.m. blast at a Shiite mosque in Baqouba, a former al-Qaeda in Iraq stronghold about 35 miles northeast of Baghdad, according to U.S. and Iraqi officials, who gave the overall casualty toll.

The brazen attack, which bore the hallmarks of al-Qaeda in Iraq, represented a major challenge to U.S. efforts to bring together Shiites and Sunnis here in Diyala province, the scene of some of the bitterest fighting in Iraq.

About two hours after the blast, U.S. soldiers at nearby Camp Warhorse fired artillery rounds at suspected insurgent positions near Baqouba. There were no reports of damage or casualties.

To the north, Iran shut down five major border crossing points into Kurdish areas Monday to protest the U.S. arrest and detention of an Iranian official accused by the U.S. military of links to an elite force smuggling weapons into this country to kill Americans.

LAUREN FRAYER (AP)



KARIM KADIM/AP

A man weeps for the man who was killed in an overnight raid by U.S. troops in the Shiite stronghold of Sadr City. Four were arrested and another was injured in the raid.

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World

HIGH ALERT: An international group announced plans on Monday to erect the highest-altitude greenhouse gas-monitoring center to date, atop the Sierra Negra volcano in Mexico.

Call for Action on Climate

U.N. holds summit to energize efforts to fight global warming

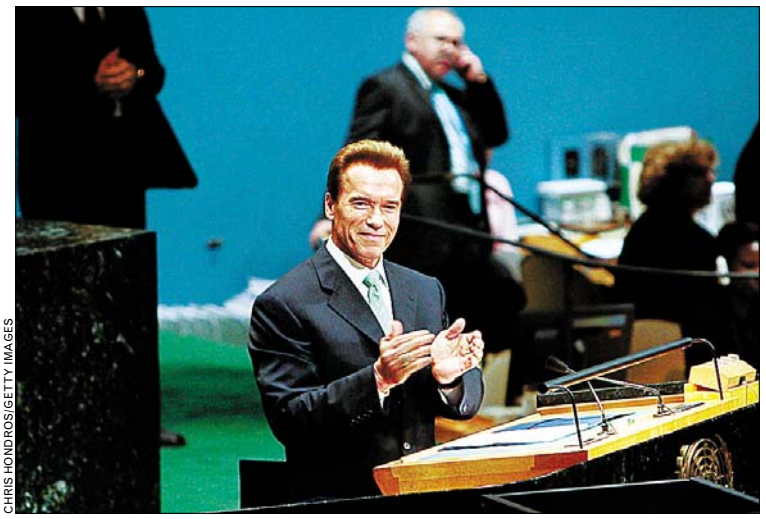
UNITED NATIONS | With tales of rising seas and talk of human solidarity, world leaders at the first United Nations climate summit sought Monday to put new urgency into global talks to reduce global-warming emissions.

What's needed is "action, action, action," California's environmentalist governor, Arnold Schwarzenegger, told the assembly.

The Bush administration showed no sign, however, that it would reverse its stand against mandatory emission cuts endorsed by 175 other nations. Some expressed fears the White House, with its own forum later this week, would launch talks rivaling the U.N. climate treaty negotiations.

President Bush didn't take part in the day's sessions, which drew more than 80 national leaders, but planned to attend a small dinner Monday evening, a gathering of key climate players hosted by U.N. Secretary-General Ban Ki-moon.

Ban set the day's theme in his opening speech, declaring that "the time for doubt has passed" on the issue of global warming and calling the U.N. climate talks "the appropriate forum for negotiating global action." He organized the summit to build momentum for December's annual climate treaty conference in Bali, Indonesia, when Europe, Japan and others hope to initiate talks for an emissions-reduction agreement to succeed the Kyoto Protocol in 2012. CHARLES J. HANLEY (AP)



CHRIS HONDROS/GETTY IMAGES

Calif. Gov. Arnold Schwarzenegger speaks on global warming at the U.N. Monday.

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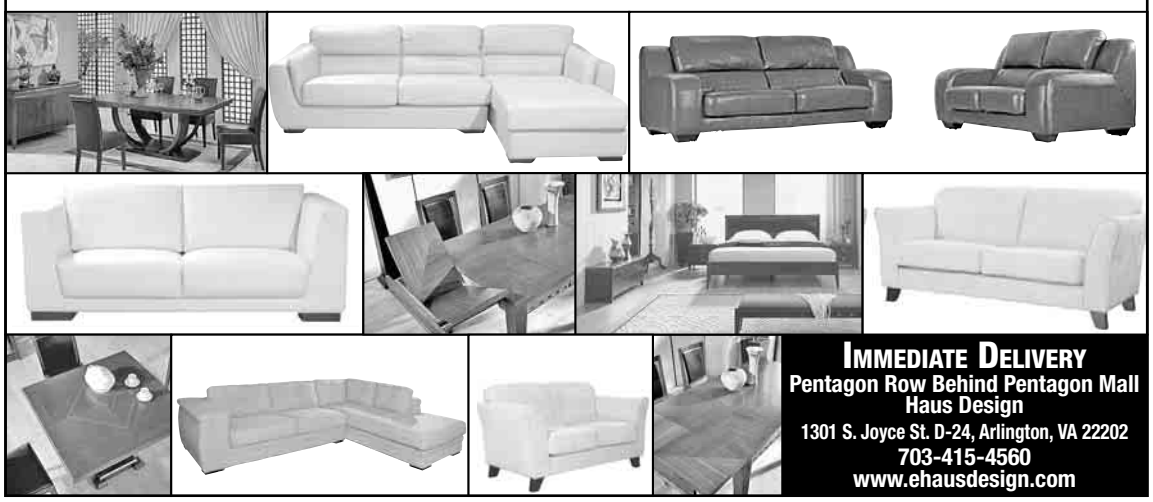

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Local

Lanier to Reorganize MPD

Police chief says she wants to improve department's efficiency

WASHINGTON | District of Columbia police chief Cathy Lanier announced Monday a reorganization of the city's 3,900-member force, saying she wants to streamline the department to make it more efficient.

The first major overhaul of the department in nearly 10 years includes reducing the number of assistant police chiefs and eliminating two senior executive director positions.

"I thought the command structure was just too large, so I tried to eliminate some of that ... so we could work more as a team," Lanier said.

Lanier

Lanier, 40, also is increasing the department's use of technology. She is distributing 400 laptop computers to patrol officers, automating police reports and encouraging commanders to keep residents informed about crime by using Web-based community message boards.

D.C.'s police chief also is putting patrol officers under one citywide command, which will allow them to be assigned to areas with the greatest need. With the reorganization, there will be fewer black assistant chiefs under Lanier. Four of eight assistant chiefs were black under former police chief Charles Ramsey, and two of Lanier's six assistant chiefs are black.

The changes take effect Sunday. Fenty said he approved of the reorganization but wanted Lanier to set her own priorities. (AP)

Shake-Up Causes Stir

➜ Police chief Cathy L. Lanier's restructuring plan has caused some residents to be concerned about the racial makeup of her top-level staff. | **Today's Metro**

IN The Washington Post

O'Malley Adds to Deficit Solutions

Proposal raises some taxes for education, transportation needs

GAITHERSBURG, MD. | Gov. Martin O'Malley on Monday proposed raising about $400 million for transportation and education needs, partly by raising Maryland's corporate income tax and allowing increases in the state gas tax to adjust it for inflation.

O'Malley is proposing that the state bump up the corporate income tax from 7 to 8 percent. The gas tax indexing would raise prices at the pump less than 1 cent per gallon per year, Transportation Secretary John Porcari said.

The added revenue plans announced Monday are in addition to tax increases and reductions the governor discussed last week to address the state's $1.7 billion structural deficit.

KATHERINE FREY/T WP

Maryland Gov. Martin O'Malley announces his plan to invest in education and transportation needs at a press conference in Gaithersburg. Md., on Monday.

Despite criticism from Republicans that the state is spending too much money during tough fiscal times, O'Malley emphasized that the investments in transportation and education are "very, very critical to our quality of life." (AP)

The Lotteries

Monday, Sept. 24

DISTRICT

Mid-day Lucky Numbers	6-7-2
Mid-day DC 4	0-0-9-3

MARYLAND

Mid-day Pick 3	3-7-4
Mid-day Pick 4	1-4-7-0

VIRGINIA

Mid-day Pick 3	7-0-1
Evening Pick 3 (Sun.)	6-6-0
Mid-day Pick 4	5-0-7-4
Evening Pick 4 (Sun.)	9-4-4-8
Mid-day Cash 5	3-16-20-23-34
Evening Cash 5 (Sun.)	3-9-10-16-29

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

HEARSAY | ILLEGALS

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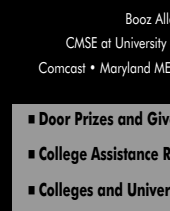

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INVITE YOU

to the Public Information Meeting for the
14th Street Bridge Corridor Environmental Impact Statement (EIS)

October 9, 2007	October 10, 2007
Aurora Hills Community Center	Amidon Elementary School
735 18th St. South, Arlington VA	401 Eye St. SW, Washington DC

(The agenda for each date will be the same)

6:30 - 7:00 PM – Open House
7:00 - 8:30 PM – Presentation and Open House

The purpose of this study is to identify actions that can reduce congestion, enhance safety, and improve traffic operations in the 14th Street Bridge corridor.

The purpose of the meeting is:

- To present ways of making the existing corridor work more efficiently including enhancing pedestrian and bicyclist connections and crossings, reworking interchanges and lane assignments, improving merge areas and traffic signing, expanding HOV and bus lanes, expanding breakdown lanes, and managing the number of cars crossing the river during rush hour.
- To ask you for congestion and safety solutions and ideas as the team looks to create alternatives and complete the required environmental and traffic impact studies this fall and winter.

HELP SHAPE THE SOLUTIONS

For more information or to sign up for the project mailing list:

- Visit the project website at www.14thstreetbridgecorridoreis.com
- Contact: Jack Van Dop, Senior Technical Specialist, FHWA – EFLHD, Email: jack.j.vandop@fhwa.dot.gov Phone: (703) 404-6282

FHWA, DDOT AND VDOT ENCOURAGE THE PARTICIPATION OF ALL INDIVIDUALS IN THIS PROJECT.

14th Street Bridge CORRIDOR
Environmental Impact Statement

NATIONAL COUNCIL OF NEGRO WOMEN, INC. (NCNW)

Mitchellville/Bowie Section, Center for Minorities in Science and Engineering (CMSE) at the University of Maryland and Maryland MESA

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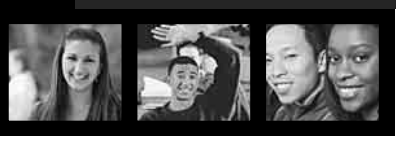

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Money

Dieters Feed on Cash Prize

Study finds financial incentive encourages workers to lose weight

RALEIGH, N.C. | People will lose weight for money, even a little money, suggests a study that offers another option for employers looking for ways to cut health care costs.

The research published in the September issue of the Journal of Occupational and Environmental Medicine found that cash incentives can be a success even when the payout is as little as $7 for dropping just a few pounds in three months.

RESULTS ARE IN

The more money offered, the more likely people lost weight:

- **Participants offered** no incentives lost 2 pounds.
- **Those in the $7** group lost about 3 pounds.
- **Those in the $14 group** were more than five times as likely to lose 5 percent of their weight.

Unlike providing on-site fitness centers or improving offerings in the company cafeteria, cash rewards provide a company with a guaranteed return, the researchers said.

"They really can't be a bad investment because you don't pay people unless they lose weight," said Eric A. Finkelstein, the study's lead author and a health economist at RTI International, a research institute based in nearby Research Triangle Park.

The study involved about 200 overweight employees at several colleges in North Carolina, divided into three groups. One group received no incentives while the other two groups received $7 or $14 for each percentage point of weight lost.

For example, someone in the middle group weighing 200 pounds who lost 10 pounds, or 5 percent, would get $35. ELIZABETH DUNBAR (AP)

Banks Test Response to Pandemic

Treasury Department starts 3-week program to measure readiness

WASHINGTON | Don't be alarmed if your local bank teller is looking a bit sickly over the next three weeks. It is only a cyber-illness.

Hundreds of banks and other financial institutions are participating in the largest test of its kind ever conducted to ensure the nation's financial system can keep functioning in case of an outbreak of pandemic flu.

The test began Monday and is scheduled to run for three weeks. More than 2,700 financial institutions have signed up to participate, about five times the number the Treasury Department expected.

"This shows how much the business sector is focused on pandemic flu planning," Valerie Abend, Treasury's deputy assistant secretary for critical infrastructure protection, told The Associated Press.

According to the doomsday scenario, a number of cases of bird flu in humans are reported overseas and the illness spreads quickly to the United States by people traveling on international flights.

From there, the Treasury scenario presents financial institutions with a number of challenges over the course of the three-week exercise. The financial institutions got the first week's scenario over the weekend from an Internet site where the test is being conducted. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Primew g	26.25	+6.32	+31.7
EnterraE g	2.04	+.31	+17.9
KrispKrm	3.69	+.33	+9.8
ExcelM	55.17	+4.50	+8.9
WestwOne	2.98	+.23	+8.4

Losers

AMR	20.77	-3.49	-14.4
StdPac	7.05	-1.05	-13.0
US Airwy	25.98	-3.41	-11.6
Fremont If	5.28	-.68	-11.4
Pier 1	5.43	-.65	-10.7

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
ChinaPrec n	7.92	+2.64	+50.0
ChinaNRes	14.40	+4.21	+41.3
Bonso	2.88	+.74	+34.6
EuroTech	3.64	+.70	+23.8
Iomai	1.90	+.07	+3.8

Losers

WSB Fn n	12.40	-2.90	-19.0
PeopEduc	3.10	-.66	-17.6
Mattson	8.69	-1.75	-16.8
Arris	11.98	-2.28	-16.0
ADDvntgT	8.00	-1.28	-13.8

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.75	8.25
Fed Funds close	4.70	5.31
3-month disc	3.82	4.05
2-year	4.03	4.04
10-year	4.62	4.47
30-year	4.87	4.71

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4947	.4951	.5261
Canadian Dollar	1.0011	1.0005	1.1172
European Euro	.7099	.7101	.7820
Japanese Yen	114.88	115.39	116.45
Mexican Peso	10.9493	10.9614	11.0350
Taiwanese Dollar	33.06	33.06	32.95

DOW	NASDAQ	S&P 500
-61.13	-3.27	-8.02
-0.44	-0.12	-0.53
13759.06	2667.95	1517.73

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	55.29	-.13	-19.1
Amylin	48.97	-.63	+35.8
BiogenIdc	68.45	+1.06	+39.2
Celgene	72.20	+1.57	+25.5
ChRvLab	55.13	+.08	+27.5
Genentch	79.30	-.08	-2.3
Genzyme	62.50	+.33	+1.5
GileadSci s	39.77	-.36	+22.5
Illumina	52.47	-.31	+33.5
Imclone	43.21	+.80	+61.5
Invitrogn	82.75	-.06	+46.2
MillPhar	10.20	-.03	-6.4
Protalix n	40.32	-4.68	+83.3
QIAGEN	17.89	-.20	+18.2
VertxPh	38.65	+.41	+3.3

67 | **The number of penalty yards** charged against Falcons DB DeAngelo Hall during one game-tying drive by the Panthers in Sunday's game. Hall then yelled at Falcons coach Bobby Petrino, who said on Monday that Hall faces "substantial discipline" for the tirade.

Swengali

REDSKINS | BY MATT SWENSON

Redskins' 'O' Is Going Nowhere

MAYBE THE REDSKINS are a playoff team; maybe they're not.

One thing is for certain, though: Washington is the worst team in the NFL when starting a series from the 2-yard line.

A week ago, the Redskins got a delay-of-game penalty followed by two false starts to push the offense back to the 17-yard line just before halftime against the Eagles. Jason Campbell then found Chris Cooley for a touchdown pass to erase the mistakes.

There was no saving grace Sunday when Washington failed to score the game-tying touchdown from almost the exact same spot against the Giants.

We expect Campbell to make a few boneheaded throws per game because he is a young quarterback. What is Joe Gibbs' excuse for the poor game management?

Jason Campbell has the team's longest run so far — a 20-yard scramble against Philly.

As has been the case each year since Gibbs returned, the offense can't seem to break the 21-point threshold.

Not unrelated, the Redskins' ground game is running backward. Due to injuries along the offensive line, Washington is averaging less than 4 yards per carry, and no runner has hit the 100-yard mark.

Campbell has the team's longest run so far — a 20-yard scramble against Philly.

The good news for the Redskins is that they are 2-1. Now they have to right the offense during this bye week.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Second-Guessing the Last Seconds

Stalled running game leaves questions as the Redskins start the bye

REDSKINS | Clinton Portis and Ladell Betts are "interchangeable."

It wasn't Betts' fault, anyway. The left side of the offensive line failed to execute.

Jason Campbell could have taken more time on fourth down instead of rushing the snap.

The plays that Al Saunders called during the goal-line stand were "the best plays" for the situation.

Coach Joe Gibbs, whose comments are often vague when it comes to players and strategy, went into unusually meticulous detail Monday when discussing how his Washington Redskins failed to score from first-and-goal at the 1-yard line in the final minute of Sunday's 24-17 loss to the New York Giants.

Maybe it was because he knew every move in that final minute was being second-guessed.

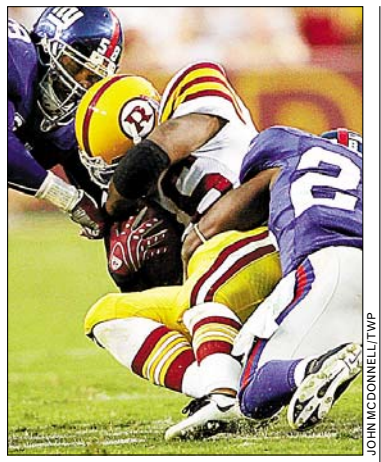
"When it's all said and done, anytime you run, you could pass," Gibbs said. "Anytime you give it to one back, you could give it to another back. Any choice you make up here, it's fair game. I'm sure there's going to be a lot of talk about that one.

"The bottom line is the only way you can answer that is to win. If you win the game, you get into the end zone, you've got no problems."

He's right, of course. The queries about clock management, play-calling, adjustments and use of personnel would be muted if Betts had scored on third-and-1 or fourth-and-1. Instead, the Redskins (2-1) began their bye week in a sour mood.

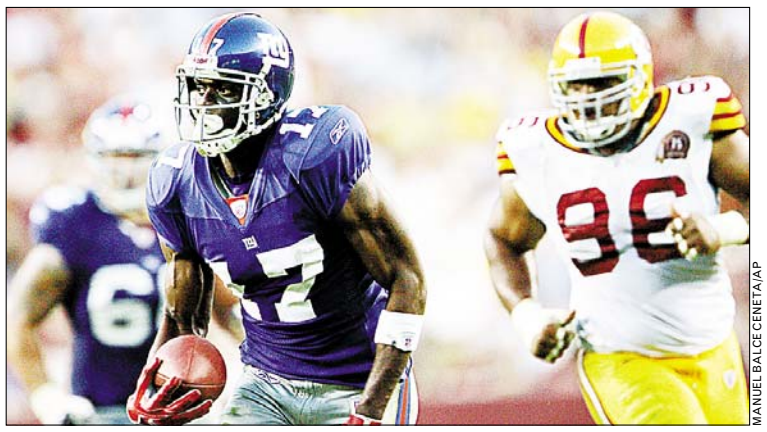
"I'm sure we'll always look back at this one, no matter how we wind up," left guard Pete Kendall said, "and probably kick ourselves for it."

JOSEPH WHITE (AP)



JOHN MCDONNELL/TWP

RB Clinton Portis is brought down for a 2-yard gain on a run in the fourth quarter.



MANUEL BALCE CENETA/AP

Plaxico Burress scores on a 33-yard game-winning touchdown in the fourth quarter.

Giants Are All Smiles After Year's Ist Win

New York answered numerous questions in victory over Redskins

NFL | Plaxico Burress sent Donovan McNabb a text message late Sunday night, congratulating the Philadelphia Eagles quarterback on a good game while adding a warning.

"I'll see you next week," the Giants receiver wrote his longtime friend, referring to next Sunday's game at Giants Stadium. "I hope you don't come up here looking for a win."

Winning makes for good conversations, and Burress and his teammates were in a good spirits Monday after the Giants avoided the dreaded 0-3 start by rallying from a 14-point halftime deficit for a 24-17 win over the Redskins.

"We just want to keep this feeling going, just win games," Burress said Monday. "It makes you feel a little different. You hold your head up a little higher."

After horrible performances against Dallas and Green Bay that put the team under a media microscope, the Giants had a major turnaround against Washington.

"The whole week we just talked about winning the game," said Burress, who had all five of his catches in the second half. "We didn't think about losing or anything or all of the bad things that everybody was saying about us. Our whole thing was 'win, win, win, win.'" (AP)

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"Now, because of him, my knee's hurt. If this costs me my season because of that, he needs to be reprimanded. I'm taking some action." **— Padres outfielder Milton Bradley** said Sunday, one day before finding out he tore his ACL during a blowup at an umpire.

Sports

Tyson Pleads Guilty to DUI

BOXING | Former heavyweight champion Mike Tyson pleaded guilty Monday to charges of drug possession and driving under the influence stemming from a traffic stop last year as he was leaving a nightclub.

Tyson quietly acknowledged to a judge that he had cocaine and was impaired when he was stopped for driving erratically in Scottsdale, Ariz., on Dec. 29. He pleaded guilty to a single felony count of cocaine possession and a misdemeanor DUI count and faces up to four years and three months in prison when he is sentenced Nov. 19. (AP)

A QB Platoon in Baltimore

Ravens may continue using a split-back system at quarterback

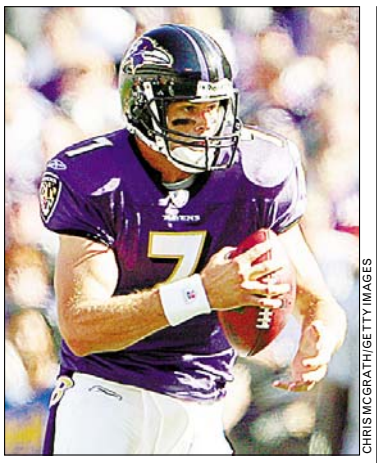
RAVENS | Steve McNair remains the Ravens' first-string quarterback, although it might be a while before he can finish what he started.

Twice this season McNair has been relieved in the fourth quarter by Kyle Boller, including Sunday, when Boller engineered the winning drive in a 26-23 win over Arizona.

McNair has been bothered by a strained groin, and coach Brian Billick is wary of using the 34-year-old quarterback deep into the game. So, until McNair has completely rid of himself of the injury, he can expect to share time with Boller, whom he replaced as the starter last season.

When the Ravens (2-1) face the Cleveland Browns this weekend, Billick will consider using the same platoon at quarterback.

"Obviously, I would anticipate [McNair] would be stronger and healthier this week than he was last week. We'll watch it," Billick said Monday. "If I see the same signs, or if we're fortunate to have the game in a certain situation," then Boller will enter. DAVID GINSBURG (AP)



CHRIS MCGRATH/GETTY IMAGES

Backup Kyle Boller led Baltimore to a late game-winning drive on Sunday.

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) The sports lineup is weak, but the Nationals are in New York to face Tom Glavine and the Mets.

ORIOLES (7 P.M. ON MASN2) The Orioles start a meaningless series against the Blue Jays with a game that pits A.J. Burnett against Brian Burres.

STAY GUARDED: Roger Mason re-signed with the Wizards on Monday, agreeing to a one-year deal. The 6-foot-5 guard, who played at the University of Virginia and signed with Washington last year, averaged 2.7 points as a reserve last season. "My heart is in D.C.," he said. (AP)

Sports

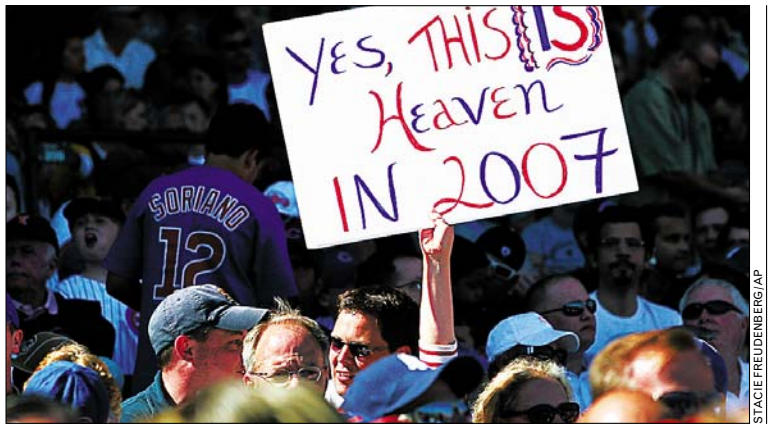
CRAZIER THAN WE THOUGHT: Former MLB star Jose Offerman pleaded not guilty Monday to charges that he attacked a pitcher and catcher with his bat during a minor league game. Offerman, who is charged with two counts of second-degree assault, charged the mound after he was hit with a pitch on Aug. 14.

Nearing a Clinch Not Good Enough

Team seems to have NL Central wrapped up — but it's the Cubs

BASEBALL | Lou Piniella called upon decades of baseball knowledge when the Chicago Cubs were scuffling for the first two months. He watched intently, took mental notes and then started swapping out the parts.

Finally, he used some theatrics to literally kick-start his team. Turns out, a dirt-kicking temper tantrum against umpire Mark Wegner on June 2 was just what the Cubs needed, whether it was premeditated or not, whether it was the old Lou resurfacing in the more mellow one.



STACIE FREUDENBERG/AP

Cubs fans are starting to get excited about the possibility of the postseason.

"It's just evolved. I don't think there were any turning points. We had to do some things to straighten ourselves out and just let the guys play," Piniella said.

The Cubs fell nine games under .500 that day after Piniella was ejected, but are 61-42 since June 3. Now, 3½ months later, Chicago is on the cusp of clinching the NL Central. The magic number is four headed into the final week of the season with series in Florida and Cincinnati.

The Cubs have a comfortable working margin, but the franchise has a long history of gut-wrenching collapses.

"Nothing has been clinched yet," said second baseman Mark DeRosa, one of the key offseason acquisitions. "Milwaukee, I have a lot of respect for them. They've played hard all year." RICK GANO (AP)

THE NATIONAL ARCHIVES EXPERIENCE

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Thursday, September 27, 7–9 p.m.

The 20-minute film profiles African American students who integrated Little Rock Central High School in fall 1957. A distinguished panel including Archivist Allen Weinstein, Rep. John Lewis, and Little Rock Nine members Carlotta Walls LaNier and Ernest Green, discuss the film and the event.

Opening remarks will be given by Brent D. Glass,
Director, National Museum of American History.
Members of the Guggenheim family will present
the National Archives with the film's Oscar®, to be placed
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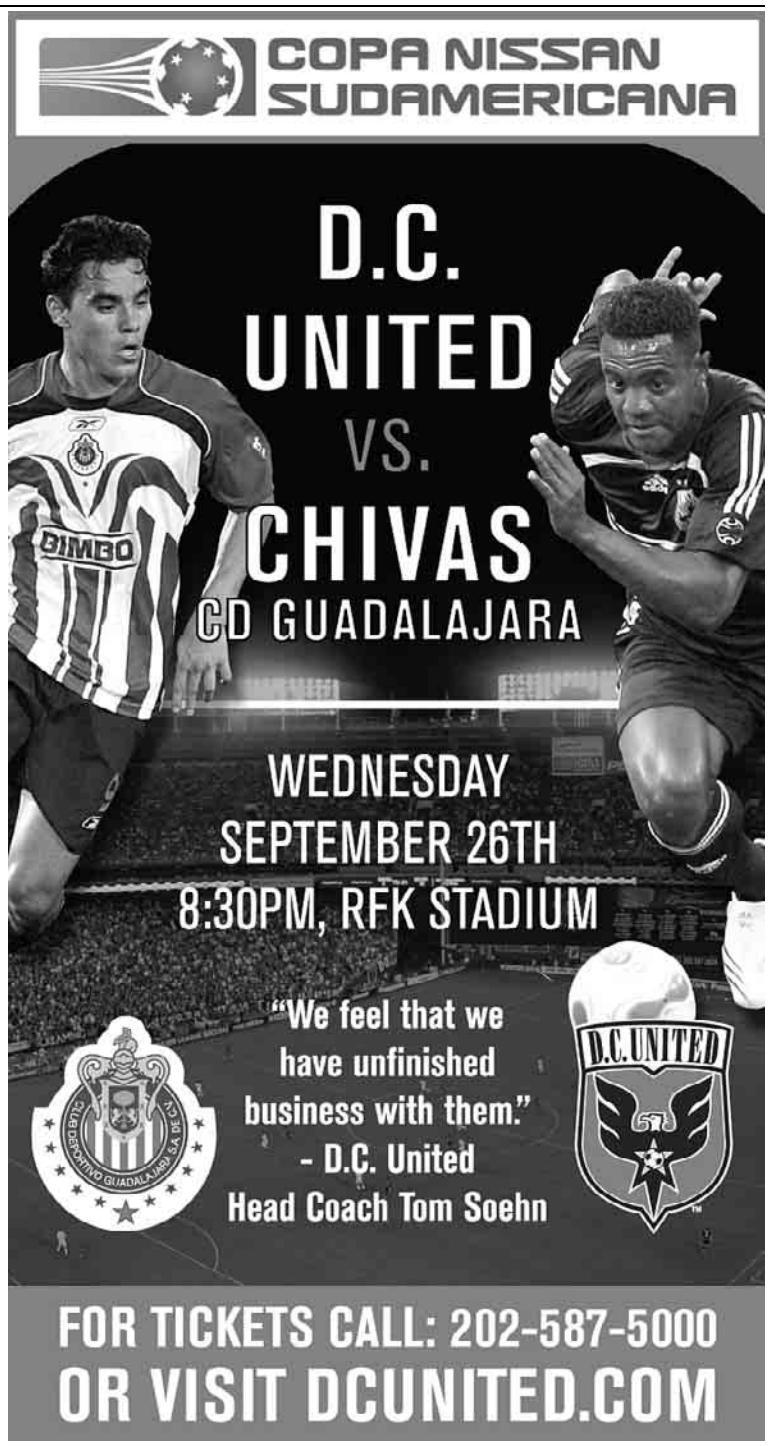

MLB STANDINGS

THROUGH SEPT. 23'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	92	64	.590	—	47-28	45-36
New York	90	65	.581	1.5	52-28	38-37
Toronto	78	77	.503	13.5	47-31	31-46
Baltimore	66	89	.426	25.5	32-42	34-47
Tampa Bay	64	92	.410	28	36-42	28-50

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Cleveland	92	63	.594	—	51-29	41-34
Detroit	85	71	.545	7.5	43-35	42-36
Minnesota	76	79	.490	16	41-40	35-39
Chicago	68	88	.436	24.5	34-41	34-47
Kansas City	67	88	.432	25	34-44	33-44

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	92	64	.590	—	54-27	38-37
Seattle	83	72	.535	8.5	44-31	39-41
Oakland	75	82	.478	17.5	39-39	36-43
Texas	72	84	.462	20	44-34	28-50

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	87	68	.561	—	40-34	47-34
Philadelphia	85	71	.545	2.5	43-32	42-39
Atlanta	82	74	.526	5.5	44-37	38-37
Washington	69	87	.442	18.5	40-41	29-46
Florida	66	90	.423	21.5	33-45	33-45

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	83	73	.532	—	44-37	39-36
Milwaukee	79	76	.510	3.5	47-27	32-49
St. Louis	73	82	.471	9.5	43-38	30-44
Cincinnati	71	85	.455	12	38-37	33-48
Houston	68	88	.436	15	40-38	28-50
Pittsburgh	66	90	.423	17	35-40	31-50

WEST	W	L	PCT.	GB	HOME	ROAD
Arizona	88	68	.564	—	50-31	38-37
San Diego	85	70	.548	2.5	47-34	38-36
Colorado	84	72	.538	4	48-30	36-42
L.A. Dodgers	80	76	.513	8	41-34	39-42
San Fran.	69	87	.442	19	38-40	31-47

THE OBVIOUS CHOICES: Ray Liotta, pictured, and Esai Morales will star in "La Linea," a crime drama based on the infamous Arellano Felix drug cartel. Andy Garcia is in talks to play the cartel kingpin, and Liotta will play an assasin hired to kill him.

Entertainment

MICHAEL COURTNEY/THE CW

SOUL FOR SALE: Ray Wise as the devil and Brett Harrison as Sam star in "The Reaper," premiering tonight on the CW.

The Twin Series

NBC and the CW put out shows cut from an identical mold

PAIR | This week sees the premiere of two series so structurally alike they might have been created from the same "Mad Libs" page. "Chuck," which premiered Monday on NBC, and "Reaper," which arrives tonight on the CW, each concern a young underachiever working in a big-box store who, through extraordinary circumstances, finds himself personally transformed and thrown into a life of danger and intrigue. In each show, there is a wacky, bearded, slacker-y sidekick and a woman of great beauty and intelligence who our late-blooming, awkward (but, we can see, attractive) hero suspects is out of his league. Each is a romantic comedy of self-actualization, with fight scenes.

Usually such similitude is a cue to discuss the lack of imagination in the TV business, but the fact is both these shows are really fine and funny — different enough in tone for each to seem original, yet appealing to the same pleasure centers in the brain. Their DNA shows common traces of "Spider-Man" (geek empowered by extra-natural forces) and Hitchcock (regular guy swept up in extraordinary drama).

In "Chuck," Zachary Levi ("Less Than Perfect") plays the title character, who has risen in life so far as to lead the troubleshooting Nerd Herd at an electronics store called Buy More. One fine day he receives an e-mail from an old pal that via some impossible science, and keen special effects, implants the entire combined contents of the national intelligence services supercomputers into his brain. Sarah (Yvonne Strahovski) and Casey (Adam Baldwin, still the gold-standard in lantern-jawed creepiness) play mutually distrustful agents of the CIA and NSA who are assigned to watch over Chuck and direct his newfound power.

"Reaper" creators Michele Fazeka and Tara Butters worked together on "The X-Files" and "Ed," and in tone and premise their new show falls somewhere in between the two. Here, the big-box store is called the Work Bench, and our hero is Sam (Brett Harrison, "The Loop"). An ordinary lost soul who quit college after a month because it made him "sleepy," he learns on his 21st birthday that, before he was born, his parents sold his soul to the devil. I won't explain the mechanics of this, but it's arranged in such a way as to keep his folks sympathetic — and it helps that the devil (Ray Wise, from "Twin Peaks" and "24"), when he suddenly appears in the backseat of Sam's car, doesn't seem like such a bad guy himself, more mentor than menace. ROBERT LLOYD (LOS ANGELES TIMES)

A Band that Rocks, Everlong

Dave Grohl and the Foo Fighters put out stellar album No. 6

MUSIC | "Echoes, Silence, Patience & Grace" has much in common with the previous five Foo Fighters albums released by frontman Dave Grohl and Co. For one thing, it's very good. The man can write catchy, foot-tapping rock songs all day long, tagging on anthemic choruses like afterthoughts.

But in a lot of ways this album is more complex and challenging than anything the band has done before. It's two discs of "In Your Honor," the 2005 double album that featured acoustic and electric discs, smashed together in an often pleasing fusion.

Sure, there are the rock songs that hit your soft spot like comfort food — "The Pretender" and "But, Honestly."

But the best pieces are the more introspective songs Grohl can surprise you with when you consider his punk and heavy metal roots. Grohl shows off his voice and his ability to write catchy hooks.

The Foo Fighters put it all together on "Come Alive," a shape-changer that starts with a croon-along acoustic introduction and ends in head-banging bliss.

Grohl shows off on the acoustic guitar during lazy-afternoon reflections on "Stranger Things Have Happened." CHRIS TALBOTT (AP)

WWW.MYSPACE.COM/FOOFIGHTERS

The Foo Fighters' latest album is "Echoes, Silence, Patience & Grace."

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

DAVY ROTHBART

One Man's Treasure

1 Davy Rothbart's prolific publication, "Found" magazine, is full of letters, and other assorted objects found in the garbage by Rothbart and his readers. Rothbart will be at the Velvet Lounge reading excerpts from "Found #5," the most recent edition, and his brother will perform music based on the material.

➜ *Velvet Lounge, 915 U St. NW; 9 p.m., $10; 202-462-3213. (U St.-Cardozo)*

MICHAEL WILSON

GRETCHEN PETERS

Songbird of the South

2 Nashville singer-songwriter Gretchen Peters shares a bill with Matt the Electrician and Johnny Irion tonight at Jammin' Java. While a musician in her own right, Peters is best known for penning melodies sung by country greats like Martina McBride and Bonnie Raitt.

➜ *Jammin' Java, 227 Maple Avenue E., Vienna; 7:30 p.m., $12; 703-255-1566.*

HOLLY BASS

Rhymes and Rhythms

3 Writer and performance artist Holly Bass shares her work alongside other poets and jazz musicians during an evening of "Jazz and Poetry at Grace Church." A "supper talk" with the artists will be held before the show at 6:15 p.m.

➜ *Grace Church, 1041 Wisconsin Ave. NW; 7:30 pm., free; hollybass.com.*

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OC: MR. WOODCOCK (PG-13) (250) 800
IN THE VALLEY OF ELAH (R) - ID REQ'D (1235) 345 725 1025
DRAGON WARS (PG-13) (1205) 225 450 715 945
THE BRAVE ONE (R) - ID REQ'D (120 430) 730 1035
MR. WOODCOCK (PG-13) (1220) 530 1020
EASTERN PROMISES (R) - ID REQ'D (1150 1245 220) 320 500 620 735 910 1005
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SUPERBAD (R) - ID REQ'D (115) 440 750 1030
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BALLS OF FURY (PG-13) (220 445) 725
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GOOD LUCK CHUCK (R) - ID REQ'D (100 315 530) 800 1030
SYDNEY WHITE (PG-13) (130 415) 700 930
ACROSS THE UNIVERSE (PG-13) (105 400) 700 1015
EASTERN PROMISES (R) - ID REQ'D (200 445) 730 1000
DRAGON WARS (PG-13) (115 330 545) 815 1030
THE BRAVE ONE (R) - ID REQ'D (145 230 430 515) 715 800 1000 1045
MR. WOODCOCK (PG-13) (245 515) 730 945
3:10 TO YUMA (R) - ID REQ'D (130 415) 645 930
HALLOWEEN (R) - ID REQ'D (200 500) 745 1040
MR. BEAN'S HOLIDAY (G) (115) PM
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GOOD LUCK CHUCK (R) - ID REQ'D (1230 245 515) 745 1000
THE HUNTING PARTY (PG-13) (220 445) 715 940
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GOOD LUCK CHUCK (R) - ID REQ'D (210 245 445 520) 720 750 955 1030
THE BRAVE ONE - DIGITAL PROJECTION (R) - ID REQ'D (225 520) 820
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SUPERBAD (R) - ID REQ'D (245 530) 830
RUSH HOUR 3 (PG-13) (200 425) 700 945
THE BOURNE ULTIMATUM (PG-13) (235 525) 810

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GOOD LUCK CHUCK (R) - ID REQ'D (1240 210 310 440 540) 720 820 950
ACROSS THE UNIVERSE (PG-13) (1250 150 400 500) 710 810 1020
THE HUNTING PARTY (PG-13) (230 510) 745 1020
EASTERN PROMISES (R) - ID REQ'D (220 515) 750 1025
THE BRAVE ONE (R) - ID REQ'D (240) PM
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SYDNEY WHITE (PG-13) (115 415) 715 945
THE BRAVE ONE - DIGITAL PROJECTION (R) - ID REQ'D (140 430) 730 1020
MR. WOODCOCK (PG-13) (100 315 515) 800 1030
3:10 TO YUMA (R) - ID REQ'D (120 420) 700 945
SUPERBAD (R) - ID REQ'D (145 445) 745 1020
DRAGON WARS (PG-13) (105 315 530) 815 1025
MR. BEAN'S HOLIDAY (G) (145) 645
THE BOURNE ULTIMATUM (PG-13) (400) 915

FAIRFAX TOWNE CENTER 10
4110 W Ox Road — 800-FANDANGO 670#

Adv. Tix on Sale THE GAME PLAN (PG) ★
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (120 200 340 420) 710 750 940 1020
GOOD LUCK CHUCK (R) - ID REQ'D (100 140 350 430) 700 740 930 1010
SYDNEY WHITE (PG-13) (130 410) 720 1000
THE BRAVE ONE - DIGITAL PROJECTION (R) - ID REQ'D (150 440) 730 1015
THE BRAVE ONE (R) - ID REQ'D (110 400) 650 945
DRAGON WARS (PG-13) (145 435) 735 1005
RUSH HOUR 3 (PG-13) (125 345) 725
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) (105) 645
MR. BEAN'S HOLIDAY (G) (415) 955
SHOOT 'EM UP (R) - ID REQ'D 950 PM

GERMANTOWN STADIUM 14
20000 Century Blvd — 800-FANDANGO 455#

Adv. Tix on Sale THE KINGDOM (R) - ID REQ'D ★
Adv. Tix on Sale THE GAME PLAN (PG) ★
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (200 500) 745 1030
GOOD LUCK CHUCK (R) - ID REQ'D (130 430) 730 1000
EASTERN PROMISES (R) - ID REQ'D (145 445) 715 1000
ACROSS THE UNIVERSE (PG-13) (100 410) 720 1030
SYDNEY WHITE (PG-13) (150 430) 740 1020
DRAGON WARS (PG-13) (140 415) 710 945
THE BRAVE ONE (R) - ID REQ'D (115 215 515) 715 815
OC: THE BRAVE ONE (R) - ID REQ'D (415) 1015
MR. WOODCOCK (PG-13) (130 445) 745 1015
3:10 TO YUMA (R) - ID REQ'D (120 420) 720 1010
HALLOWEEN (R) - ID REQ'D 1010 PM
MR. BEAN'S HOLIDAY (G) (145 420) 710
SUPERBAD (R) - ID REQ'D (140 440) 730 1020
RUSH HOUR 3 (PG-13) (150 400) 645 945
THE BOURNE ULTIMATUM (PG-13) (110 400) 700 950

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr — 800-FANDANGO 570#

Adv. Tix on Sale THE KINGDOM (R) - ID REQ'D ★
Adv. Tix on Sale THE GAME PLAN (PG) ★
SYDNEY WHITE (PG-13) (145 430) 715 955
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (215 500) 745 1015
GOOD LUCK CHUCK (R) - ID REQ'D (200 445) 730 1000
THE HUNTING PARTY (PG-13) (130 415) 715 1005
EASTERN PROMISES (R) - ID REQ'D (200 445) 745 1020
DRAGON WARS (PG-13) (230 515) 815 1030
THE BRAVE ONE (R) - ID REQ'D (115) 700
MR. WOODCOCK (PG-13) (230 515) 800 1025
3:10 TO YUMA (R) - ID REQ'D (130 415) 700 945
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (215 500) 800 1030
DEATH AT A FUNERAL (R) - ID REQ'D (145 430) 730 1010
SUPERBAD (R) - ID REQ'D (100 350) 645 935
STARDUST (PG-13) (115 400) 645 920
THE BOURNE ULTIMATUM (PG-13) (100 345) 630 915
HAIRSPRAY (PG) (400) 945
OC: THE BRAVE ONE (R) - ID REQ'D

MANASSAS STADIUM 14
11380 Bulloch Drive — 800-FANDANGO 490#

Adv. Tix on Sale THE KINGDOM (R) - ID REQ'D ★
Adv. Tix on Sale THE GAME PLAN (PG) ★
SYDNEY WHITE (PG-13) (105 400) 730 1005
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (1210 110 225 335 455) 640 720 915 950
GOOD LUCK CHUCK (R) - ID REQ'D (1150 100 215 345 435) 705 740 925 1000
ACROSS THE UNIVERSE (PG-13) (1225 330) 700 955
EASTERN PROMISES (R) - ID REQ'D (1155 220 445) 745 1015
THE BRAVE ONE - DIGITAL PROJECTION (R) - ID REQ'D (1245 340) 715 1010
DRAGON WARS (PG-13) (1200 210 430) 725 945
THE BRAVE ONE (R) - ID REQ'D (310) 645 940
MR. WOODCOCK (PG-13) (1145 205 425) 750 1020
3:10 TO YUMA (R) - ID REQ'D (1250 355) 650 935
MR. BEAN'S HOLIDAY (G) (1230) PM
RUSH HOUR 3 (PG-13) (1220 230 450) 755 1005
THE BOURNE ULTIMATUM (PG-13) (1240 320) 650 930

Times For 9/25/07 — Daily Bargain Matinees In ( ) — OC= Open Captioned DA= Descriptive Audio Available — * Pass / Discount Ticket Restrictions Apply — ©2007

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AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

PRESENTED IN DIGITAL PROJECTION

THE BRAVE ONE (R) 2:10, 5:10, 8:30
GOOD LUCK CHUCK (R) ✓ 1:20, 2:40, 4:00, 5:20, 7:00, 8:10, 9:40, 10:40
RESIDENT EVIL: EXTINCTION (R) ✓ 1:00, 2:00, 3:00, 3:40, 4:40, 5:40, 6:20, 7:20, 8:20, 9:00, 9:50
SYDNEY WHITE (PG13) ✓ 1:40, 4:30, 7:30, 10:10
THE BRAVE ONE (R) 3:30, 6:30, 9:20
THE BRAVE ONE (R) CC 3:30, 6:30, 9:20
DRAGON WARS (PG13) 2:25, 4:40, 7:05, 10:15
MR. WOODCOCK (PG13) 2:30, 5:30, 8:40
3:10 TO YUMA (R) 1:50, 4:50, 7:50, 10:35
SHOOT 'EM UP (R) 1:55, 4:25, 7:25, 9:45
HALLOWEEN (R) 1:30, 4:15, 7:15, 10:05
BALLS OF FURY (PG13) 5:15, 7:45, 10:25
MR. BEAN'S HOLIDAY (G) 1:15, 3:25
THE NANNY DIARIES (PG13) 2:45
SUPERBAD (R) 1:10, 4:10, 7:10, 10:30
RUSH HOUR 3 (PG13) 5:50, 8:25, 10:40
STARDUST (PG13) 6:15
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 3:10, 9:30

AMC SELECT

IN THE VALLEY OF ELAH (R) 2:05, 5:05, 8:15
ACROSS THE UNIVERSE (PG13) ✓ 1:00, 3:20, 4:20, 6:40, 8:00, 10:00
EASTERN PROMISES (R) ✓ 2:20, 5:00, 7:40, 10:20
THE HUNTING PARTY (R) 2:50, 5:25, 8:05, 10:45

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

GOOD LUCK CHUCK (R) ✓ 2:40, 5:00, 7:20, 9:50
RESIDENT EVIL: EXTINCTION (R) ✓ 2:50, 5:20, 7:50, 10:10
SYDNEY WHITE (PG13) ✓ 2:00, 4:30, 7:10, 9:40
THE BRAVE ONE (R) 2:05, 4:40, 7:30, 10:20
MR. WOODCOCK (PG13) 3:20, 5:25, 7:40, 10:00
THE NANNY DIARIES (PG13) 2:10, 4:30
THE BOURNE ULTIMATUM (PG13) 7:00, 9:35

AMC SELECT

EASTERN PROMISES (R) ✓ 3:10, 5:40, 8:10, 10:40
THE HUNTING PARTY (R) 3:00, 5:30, 8:00, 10:30

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

GOOD LUCK CHUCK (R) 12:25, 2:50, 5:10, 7:40, 10:10
RESIDENT EVIL: EXTINCTION (R) 12:50, 2:00, 3:25, 4:25, 6:05, 7:05, 8:30, 9:45
THE BRAVE ONE (R) 12:30, 1:40, 3:15, 4:25, 6:25, 7:25, 9:25, 10:10
DRAGON WARS (PG13) 1:20, 3:30, 5:45, 8:05, 10:15
MR. WOODCOCK (PG13) 1:15, 3:20, 5:30, 8:00, 10:05
SHOOT 'EM UP (R) 1:10, 3:15, 5:20, 7:50, 10:20
HALLOWEEN (R) 2:15, 4:45, 7:15, 9:45
BALLS OF FURY (PG13) 12:35, 2:45, 5:00, 7:30, 9:50
RUSH HOUR 3 (PG13) 12:20, 2:30, 4:40, 7:10, 9:40

AMC SELECT

EASTERN PROMISES (R) 12:40, 3:00, 5:25, 7:45, 10:15

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT

IN THE VALLEY OF ELAH (R) 1:30, 4:10, 7:10
IN THE SHADOW OF THE MOON (PG) 1:50, 4:40, 7:50
FIERCE PEOPLE (R) 1:50, 4:30, 7:10
THE HUNTING PARTY (R) 2:10, 4:20, 7:20
DEATH AT A FUNERAL (R) 2:20, 4:50, 7:40
2 DAYS IN PARIS (R) 2:00, 4:10, 7:00
MOLIERE (PG13) 1:40, 4:30, 7:30

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

THE BRAVE ONE (R) 1:40, 4:15, 7:00
3:10 TO YUMA (R) 2:00, 4:35, 7:20
SHOOT 'EM UP (R) 1:55, 4:20, 7:05
THE NANNY DIARIES (PG13) 1:50, 4:35, 7:20
THE BOURNE ULTIMATUM (PG13) 1:45, 4:30, 7:15

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

PRESENTED IN DIGITAL PROJECTION

THE BRAVE ONE (R) 1:35, 4:20, 7:05, 9:55
GOOD LUCK CHUCK (R) 1:20, 2:20, 3:45, 4:45, 6:10, 7:10, 8:35, 9:35
RESIDENT EVIL: EXTINCTION (R) 1:50, 2:50, 4:15, 5:15, 6:40, 7:40, 9:05, 10:05
SYDNEY WHITE (PG13) 1:40, 4:25, 7:00, 9:40
SYDNEY WHITE (PG13) CC 1:40, 4:25, 7:00, 9:40
THE BRAVE ONE (R) 3:20, 6:05, 8:50
DRAGON WARS (PG13) 1:00, 3:10, 5:25, 7:35, 9:45
MR. WOODCOCK (PG13) 1:05, 3:15, 5:30, 7:45, 10:00
3:10 TO YUMA (R) 1:10, 3:50, 6:30, 9:10
BALLS OF FURY (PG13) 4:05, 8:55
SUPERBAD (R) 1:30, 4:10, 6:45, 9:25
RUSH HOUR 3 (PG13) 1:25, 6:35
THE BOURNE ULTIMATUM (PG13) 1:45, 4:30, 7:30, 10:10

AMC SELECT

EASTERN PROMISES (R) 2:15, 4:50, 7:20, 9:50

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

GOOD LUCK CHUCK (R) ✓ 1:00, 3:20, 5:40, 8:00
RESIDENT EVIL: EXTINCTION (R) ✓ 5:40, 8:10
SYDNEY WHITE (PG13) ✓ 1:45, 4:30, 7:20
THE BRAVE ONE (R) 1:15, 4:00, 7:00, 9:40
DRAGON WARS (PG13) 4:40, 7:00
MR. WOODCOCK (PG13) 4:50, 7:10
3:10 TO YUMA (R) 1:20, 4:50, 7:30
SHOOT 'EM UP (R) 5:20, 7:40
MR. BEAN'S HOLIDAY (G) 4:30, 7:05
RUSH HOUR 3 (PG13) 5:15, 7:30

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

PRESENTED IN DIGITAL PROJECTION

THE BRAVE ONE (R) 2:20, 5:20, 8:20
GOOD LUCK CHUCK (R) ✓ 1:00, 2:00, 3:30, 4:45, 6:00, 7:15, 8:30, 9:45
RESIDENT EVIL: EXTINCTION (R) ✓ 1:45, 3:00, 4:15, 5:45, 7:00, 8:10, 9:30, 10:30
SYDNEY WHITE (PG13) ✓ 2:10, 4:40, 7:20, 10:00
THE BRAVE ONE (R) 1:10, 4:10, 7:10, 10:00
THE BRAVE ONE (R) CC 1:10, 4:10, 7:10, 10:00
DRAGON WARS (PG13) 7:05, 9:55
MR. WOODCOCK (PG13) 2:25, 4:55, 7:25, 9:50
3:10 TO YUMA (R) 2:05, 4:50, 7:35, 10:20
HALLOWEEN (R) 10:05 PM
MR. BEAN'S HOLIDAY (G) 1:05, 3:20, 5:35
THE NANNY DIARIES (PG13) 1:50, 4:25
SUPERBAD (R) 2:20, 5:00, 7:40, 10:20
RUSH HOUR 3 (PG13) 2:30, 5:10, 7:40
THE BOURNE ULTIMATUM (PG13) 7:45, 10:25

AMC SELECT

IN THE VALLEY OF ELAH (R) 1:35, 4:20, 7:20, 10:10
ACROSS THE UNIVERSE (PG13) ✓ 1:30, 4:30, 7:30, 10:30
EASTERN PROMISES (R) ✓ 2:15, 5:00, 7:45, 10:15
THE HUNTING PARTY (R) 1:55, 5:05, 7:55, 10:25
DEATH AT A FUNERAL (R) 1:40, 4:05, 7:05, 9:40

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

PRESENTED IN DIGITAL PROJECTION

THE BRAVE ONE (R) 1:15, 4:00, 7:25, 10:30
GOOD LUCK CHUCK (R) ✓ 1:00, 3:00, 5:20, 7:50, 10:20
RESIDENT EVIL: EXTINCTION (R) ✓ 2:20, 4:50, 7:20, 9:50
SYDNEY WHITE (PG13) ✓ 1:50, 4:30, 7:10, 10:00
SYDNEY WHITE (PG13) CC ✓ 1:50, 4:30, 7:10, 10:00
MR. WOODCOCK (PG13) 1:10, 10:30
3:10 TO YUMA (R) 1:40, 4:20, 7:15, 10:05
SHOOT 'EM UP (R) 8:00, 10:25
THE NANNY DIARIES (PG13) 2:50, 5:15
SUPERBAD (R) 1:20, 4:05, 10:15

AMC SELECT

IN THE VALLEY OF ELAH (R) 1:30, 2:40, 4:10, 5:30, 7:05, 8:30, 10:10
ACROSS THE UNIVERSE (PG13) 1:00, 2:00, 3:50, 5:00, 7:00, 8:20, 10:15
EASTERN PROMISES (R) ✓ 2:30, 5:05, 7:40, 10:30
THE HUNTING PARTY (R) 2:05, 4:40, 7:30, 10:25

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

PRESENTED IN DIGITAL PROJECTION

THE BRAVE ONE (R) 1:00, 3:45, 6:35, 9:35
GOOD LUCK CHUCK (R) ✓ 1:50, 3:00, 4:30, 5:30, 7:00, 8:00, 9:30, 10:30
RESIDENT EVIL: EXTINCTION (R) ✓ 1:45, 2:45, 4:05, 5:15, 6:45, 7:40, 9:15, 10:10
SYDNEY WHITE (PG13) 2:15, 4:45, 7:15, 9:45
SYDNEY WHITE (PG13) CC 2:15, 4:45, 7:15, 9:45
THE BRAVE ONE (R) 1:40, 4:25, 7:20, 10:20
DRAGON WARS (PG13) 2:10, 4:35, 7:00, 9:20
MR. WOODCOCK (PG13) 1:05, 3:15, 5:20, 7:50, 10:05
3:10 TO YUMA (R) 2:20, 5:05, 7:45, 10:30
SHOOT 'EM UP (R) 7:05, 9:25
HALLOWEEN (R) 1:55, 4:40, 7:25, 10:05
MR. BEAN'S HOLIDAY (G) 1:00, 3:10, 5:25
THE NANNY DIARIES (PG13) 1:35, 4:15
SUPERBAD (R) 2:25, 5:05, 7:45, 10:25
RUSH HOUR 3 (PG13) 1:05, 3:25, 5:40, 8:10, 10:25
THE BOURNE ULTIMATUM (PG13) 7:40, 10:20

AMC SELECT

IN THE VALLEY OF ELAH (R) 1:25, 4:20, 7:05, 9:55
ACROSS THE UNIVERSE (PG13) ✓ 1:20, 4:10, 7:10, 10:15
EASTERN PROMISES (R) ✓ 2:35, 5:00, 7:30, 9:55

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

PRESENTED IN DIGITAL PROJECTION

THE BRAVE ONE (R) 2:25, 5:25, 8:05, 10:45
GOOD LUCK CHUCK (R) ✓ 1:55, 4:20, 7:00, 9:35
RESIDENT EVIL: EXTINCTION (R) ✓ 1:50, 3:05, 4:35, 5:45, 7:25, 8:20, 9:50, 10:40
SYDNEY WHITE (PG13) ✓ 1:50, 4:30, 7:20, 9:50
THE BRAVE ONE (R) 1:35, 4:30, 7:20, 10:10
THE BRAVE ONE (R) CC 1:35, 4:30, 7:20, 10:10
DRAGON WARS (PG13) 1:15, 3:35, 5:50, 8:10, 10:20
MR. WOODCOCK (PG13) 1:10, 3:25, 5:30, 7:40, 9:55
3:10 TO YUMA (R) 2:15, 5:10, 8:00, 10:45
SHOOT 'EM UP (R) 4:45, 9:30
HALLOWEEN (R) 9:45 PM
MR. BEAN'S HOLIDAY (G) 1:05, 3:20, 5:25
THE NANNY DIARIES (PG13) 1:30, 4:15, 7:10
SUPERBAD (R) 1:25, 4:10, 7:30, 10:00
RUSH HOUR 3 (PG13) 2:20, 7:15
THE BOURNE ULTIMATUM (PG13) 7:55, 10:30

AMC SELECT

IN THE VALLEY OF ELAH (R) 1:40, 4:40, 7:35, 10:25
ACROSS THE UNIVERSE (PG13) ✓ 1:00, 4:00, 7:05, 10:00
EASTERN PROMISES (R) ✓ 1:45, 4:25, 7:10, 9:40

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

GOOD LUCK CHUCK (R) ✓ 3:00, 5:30, 8:00
RESIDENT EVIL: EXTINCTION (R) ✓ 2:50, 5:20, 7:50
MR. WOODCOCK (PG13) 2:30, 4:50, 7:10
MR. BEAN'S HOLIDAY (G) 2:20, 7:00
THE NANNY DIARIES (PG13) 4:30
SUPERBAD (R) 2:00, 4:40
THE BOURNE ULTIMATUM (PG13) 2:10, 5:00, 7:30

AMC SELECT

THE HUNTING PARTY (R) ✓ 2:40, 5:10, 7:40

LOEWS DUPONT 5
1350 19th St.
1-800-FANDANGO #711

THE BRAVE ONE (R) 4:45, 7:30
THE BOURNE ULTIMATUM (PG13) 5:00, 7:45

AMC SELECT

DECEMBER BOYS (PG13) 4:15, 7:00
FIERCE PEOPLE (R) 4:30, 7:15
NO END IN SIGHT (NR–NOT RATED) 5:15, 8:00

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

THE BRAVE ONE (R) 2:30, 5:15, 8:00

✓-SPECIAL ENGAGEMENT No passes or discount coupons CC - Closed Captioning · DS - Descriptive Video Service

Times for Tuesday, September 25, 2007

Sleep and Weight Study

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http://clinicaltrials.gov

National Institutes of Health
National Institute of Diabetes & Digestive & Kidney Diseases

Entertainment

SHE'S TOTALLY A DIRECTOR! Kate Hudson went behind the camera for "Cutlass," one of Glamour magazine's "Reel Moments" films based on readers' personal essays. The goal is to produce female-friendly short films that actresses direct.

Evelyn Kahumgu frames a scene during the shooting of "Nairobbery." AP

Seeking Cinematic Autonomy

Kenyan filmmakers work to make movies with local appeal

ROLLING | The dusty, lion-colored plains and snowy mountain peaks of East Africa have appeared in numerous Hollywood blockbusters. Now, Kenyans fed up with being the background for high-budget films about white people running around an African playground are telling their own stories.

"We want something that we Kenyans can identify with," says 27-year-old Bonnyface Loppohkoyit, who co-wrote and stars in "Nairobbery," a film about a boy from the slums who joins a gang.

Loppohkoyit says most Westerners have no idea of the grinding poverty millions of Kenyans live in. His main character, Steppa, has to coordinate his girlfriend's visits to their shack with his prostitute sister.

After the successes of "Blood Diamond" and "The Last King of Scotland," Africa is a fashionable film destination. "The Constant Gardener" and "Lara Croft Tomb Raider: The Cradle of Life" were filmed in Kenya.

Elijah Kahara of the Kenya Film Commission says the country's film industry doesn't have a lot of money, but lack of cash doesn't equal lack of creativity. His commission issued 168 licenses for filming last year.

KATHARINE HOURELD (AP)

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NEVER, EVER LEAVE YOUR HOUSE: The Smithsonian Channel debuts this week after a 10-month delay, bringing the sights of tiny bats, airplanes and Abraham Lincoln's last photos into high-definition sharp focus in a deal with DirecTV.

Television

ON TV TONIGHT

THOSE ARE THE WORST
Teens have a macabre highway encounter on **BONES** (8 p.m., Fox).

THE RETURN OF KEN BURNS
Island hopping in the Pacific, Italy besieged and turmoil at home on **THE WAR** (8 p.m., PBS).

CIVIL RIGHTS MILESTONE
LITTLE ROCK CENTRAL: 50 YEARS LATER (8 p.m., HBO) looks at a pivotal school desegregation in 1957.

PLAYER HATERS
HIP HOP VS. AMERICA (8 p.m., BET) looks at recent protests against the music's misogyny, violence and materialism.

LATE LIBRARY BOOKS
A university sues Shirley on **BOSTON LEGAL** (9:30 p.m., ABC).

AP

FACES OF WAR: Soldiers march in the Solomon Islands in February 1943.

HALF MIRANDA, HALF CARRIE
Emmy-winning actress Cynthia Nixon of "Sex and the City" guest-stars as a woman with multiple personalities on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

All in the Family

'Cane' is CBS' new drama about a Cuban patriarch and his clan

WEALTH | A moldy combination of "The Godfather," "King Lear" and a little "Dynasty" thrown in for good measure, the new melodrama "Cane" (10 p.m., CBS) takes itself terribly seriously.

Hector Elizondo stars as Pancho Duque, the ailing patriarch of a Cuban family with vast sugar holdings and a rum empire. His son, Frank (Nestor Carbonell), can't stand his brother-in-law, Alex (Jimmy Smits), a poor Cuban refugee adopted by Pancho. Alex liked the family — so much so that he married his adoptive sister, Isabel (Paola Turbay), much to Frank's disgust and dismay.

Not to give too much away here, but Frank's no angel. He's hot to make a deal with the Samuels family, neighboring Anglo landholders and Duque rivals.

"Cane" does not lack for action. The pilot includes a flashback murder as well as one in present tense. There's a torrid affair, a coming-out party of sorts and even an announced pregnancy. But with all of this going on, it's hard to avoid the sense that you've seen this all before — with more humor and less pretense. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

CBS/ROBERT VOETS

EMMY WINNER: Jimmy Smits stars in the new series "Cane" on CBS.

9.25.07		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News (N) CC		NBC Nightly News	Access Hollywood	The Biggest Loser (N) CC				Law & Order: Special Victims Unit		News (N) CC	Tonight Show
	WTTG 5	News (N)	TMZ (N) CC	The Simpsons	Seinfeld CC	Bones (Season Premiere) (N) CC		House "Alone" (Season Premiere) (N)		News (N)		News (N)	TMZ CC
	WJLA 7	News (N) CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Dancing With the Stars (S Live) CC			Boston Legal "Beauty and the Beast" CC			News (N) CC	(:35) Nightline (N)
	WUSA 9	News (N) CC	Evening News	News	Entertainment	NCIS "Bury Your Dead" CC		The Unit "Pandemonium, Part One"		Cane "Pilot" (Series Premiere) (N)		News (N) CC	Late Show
	WDCA 20	Judge Judy (N)	Judge Joe Brown	King of Queens	King of Queens	The Academy CC		Jail (N) CC	Jail CC	Every-Raymond	King of the Hill	Law & Order: Criminal Intent CC	
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors MD	The War "A Deadly Calling" (N) CC (DVS)				The War "A Deadly Calling" CC (DVS)			
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		The War "A Deadly Calling" (N) CC (DVS)				The War "A Deadly Calling" CC (DVS)			
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! CC (DVS)			Complete-Pépin	BBC World News	Tavis Smiley	Charlie Rose (N) CC	
	WDCW 50	My Wife and Kids	Family Guy CC	Two/Half Men	Friends CC	Beauty and the Geek (N) CC		Reaper "Pilot" (Series Premiere) (N)		Family Guy CC	Friends CC	Two/Half Men	Sex and the City
BASIC CABLE	A&E	Cold Case Files CC		CSI: Miami "Money for Nothing"		Dog the Bounty Hunter CC		Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel	Criss Angel
	Animal	The Crocodile Hunter CC		The Most Extreme	Fooled by Nature	Wild Kingdom "Gorilla Encounters"		Natural World "Tiger Kill"		Animal Cops Houston (N)		The Most Extreme	Fooled by Nature
	BET	106 & Park: BET's Top 10 Live CC			Hell Date CC	Hip-Hop vs. America (N) CC		Hell Date CC	Hell Date CC	Hell Date CC	Hell Date CC	Take the Cake (Live) CC	
	Bravo	Project Runway "Finale" CC		AFI's 100 Years ... 100 Movies: 10th Anniversary Edition The top-100 movies of all time. CC						Tim Gunn's Guide to Style "Nicole"		Kathy Griffin: Everybody Can Suck It	
	Comedy	"The Naked Gun: Police Squad"		Scrubs CC	Scrubs CC	Daily Show	Colbert Report	Mind of Mencia	South Park CC	Jeff Dunham: Spark of Insanity CC		Daily Show	Colbert Report
	Court	World's Wildest Police Videos CC		Cops CC	Cops CC	Cops CC	Cops CC	The World's Scariest Police Chases 4		Inside "Teen Lockdown"		The Investigators	
	Discovery	Cash Cab CC	Cash Cab CC	Mega Builders "Crossing Colorado"		Dirty Jobs "Billboard Installer" CC		Dirty Jobs Mike digs tunnels. CC		How It's Made	How It's Made	Dirty Jobs Ostrich farmer. CC	
	DISCH	Code Blue "Medicine and Miracles"		Impact: Stories of Survival CC		Parenting a Baker's Dozen CC		Mystery Diagnosis CC		Sextuplets and Twins		Parenting a Baker's Dozen CC	
	Disney	Life With Derek	Life With Derek	Hannah Montana	Zack & Cody	★★ "The Thirteenth Year" (1999) Chez Starbuck, Justin Jon Ross. CC				That's So Raven	Life With Derek	Zack & Cody	Hannah Montana
	E!	Extreme Hollywood "Bling" (N)		E! News (N)	The Daily 10 (N)	25 Celebrity Near-Death Experiences Celebrities' near-death experiences.				Girl Next Door	Girl Next Door	E! News	Chelsea Lately (N)
	FX	★★★ "13 Going on 30" (2004) Jennifer Garner, Mark Ruffalo, Judy Greer.				★★ "Elektra" (2005, Action) Jennifer Garner, Terence Stamp, Kirsten Prout.				Damages (N)		(:02) Damages	
	HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My First Place	Decorating Cents	24 Hour Design	House Hunters	My Kitchen	House Worth?	Hidden Potential
	Family	8 Simple Rules	8 Simple Rules	Grounded for Life	Grounded for Life	Lincoln Heights (N) CC		★★ "A Cinderella Story" (2004) Hilary Duff, Jennifer Coolidge. CC				The 700 Club CC	
	History	Heroes Under Fire CC		Modern Marvels: Coffee CC		Modern Marvels: Deep Freeze (N)		The Universe "Mars" CC		Mega Disasters "Glacier Meltdown"		Tsunami 2004: Waves of Death CC	
	Lifetime	Reba CC	Reba CC	Still Standing	Still Standing	Reba CC	Reba CC	★ "I Accuse" (2003, Drama) John Hannah, Estella Warren. CC				Will & Grace	Will & Grace
	MTV	America's Next Top Model CC		America's Next Top Model CC		America's Next Top Model CC		America's Next Top Model CC		Super Sweet	Super Sweet	Newport Harb	Newport Harb
	NICK	Zoey 101 CC	Ned's School	Ned's School	Drake & Josh	SpongeBob	Drake & Josh	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince
	SCIFI	Stargate SG-1 "Paradise Lost" CC		Dead Like Me "My Room" CC		Eureka "God Is in the Details" CC		Eureka "All That Glitters" (N) CC		ECW (Live)		Halo 3: Sci vs. Fi	Flash Gordon
	SPIKE	CSI: Crime Scene Investigation CC		CSI: Crime Scene Investigation CC		CSI: Crime Scene Investigation CC		CSI: Crime Scene Investigation CC		CSI: Crime Scene Investigation CC		CSI: NY "Corporate Warriors" CC	
	TBS	Friends CC	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy CC	Family Guy CC	Family Guy CC	Family Guy CC	The Office CC	The Office CC	Sex and the City	Sex and the City
	TLC	Property Ladder "What Women Want"		Mostly True Stories: Urban Legends		Overhaulin' 1967 Chevy Chevelle.		LA Ink "Pixie's Surgery"		LA Ink "Kat's Gnarly Day" (N)		LA Ink "Kat's Gnarly Day"	
	TNT	Law & Order "Blood Money"		Law & Order "Dining Out"		Cold Case "Family" CC		Cold Case "The Promise" CC		Cold Case "Bad Night" CC		Cold Case "Colors" CC	
	USA	Law & Order: Criminal Intent CC		Law & Order: Special Victims Unit		★★★ "The Bourne Identity" (2002) Matt Damon. An amnesiac agent is marked for death after a botched hit. CC						Law & Order: Special Victims Unit	
	VHI	I Love the '90s: Part Deux "1995"		I Love the '90s: Part Deux "1996"		I Love the '90s: Part Deux "1997"		I Love the '90s: Part Deux "1998"		Rock of Love	Britneys Shock	Lindsay Lohan	Lindsay-Shock
SPAN.	TELEM	Daniela	Noti-Telemndo	Dame Chocolate		Madre Luna		La Esclava Isaura		Amor Mío		Noti-Telemndo	12 Corazones
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón		Amar sin Límites		Destilando Amor		S.O.S. Sexo y Otros Secretos		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter Special From Atlanta. (Live)			NFL Live CC	2007 World Series of Poker (Taped)		2007 World Series of Poker (Taped)		The Contender (N)		SportsCenter (Live) CC	
	ESPN2	NASCAR Now	Football Live	NFL's Greatest Game (N) CC			NFL's Greatest Game From Jan. 3, 1999. (N) CC			Baseball Tonight (Live) CC		PBA Bowling	PBA Bowling
	CSN	SportsNite (Live) CC		Ralph Friedgen	College Football Maryland at Wake Forest. (Taped)					SportsNite (Live) CC		Washington Post Live	
NEWS	CNN	Lou Dobbs Tonight CC		The Situation Room		Out in the Open		Larry King Live CC		Anderson Cooper 360 CC			
	FNC	Special Report (Live) CC		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) CC		Hannity & Colmes (Live) CC		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball CC		Countdown With Keith Olbermann		MSNBC Live With Dan Abrams		Catch Him If You Can		Dead Men Talking: Trail of Evidence	
MOVIES	AMC	(5:30) ★★ "Heartbreak Ridge" (1986, War) Clint Eastwood. 'R' CC				★★★ "The Firm" (1993, Drama) Tom Cruise, Jeanne Tripplehorn. A law-school grad signs on with a sinister Tennessee firm. 'R'							A Bronx Tale 'R'
	TCM	★★★ "To Catch a Thief" (1955, Romance-Comedy) Cary Grant. CC				★★★ "Alfie" (1966, Comedy-Drama) Michael Caine. 'PG' CC				★★★ "Cat Ballou" (1965, Western) Jane Fonda. 'NR'			(:45) Champion
	HBO	(:15) ★★ "Accepted" (2006, Comedy) Justin Long. 'PG-13' CC				Little Rock Central: 50 Years Later		The Brave One	Countdown	Tell Me You Love Me CC		Tell Me You Love Me CC	
	MAX	Bachelor Party 'R'	★ "The Return" (2006) Sarah Michelle Gellar. 'PG-13'			★★★ "Lethal Weapon" (1987, Action) Mel Gibson, Gary Busey. 'R' CC				★★★ "King Kong" (2005) Naomi Watts. A beauty tames a savage beast.			
	SHOW	★★ "The Longest Yard" (2005) Adam Sandler. iTV. 'PG-13' CC				★★ "Last Holiday" (2006, Comedy) Queen Latifah. iTV. 'PG-13' CC				Weeds (iTV)	Weeds (iTV)	Californication	Californication
	TMC	★★ "The Weather Man" (2005) Nicolas Cage. 'R' CC			(:45) ★★★ "The Passion of the Christ" (2004, Drama) Jim Caviezel. (Subtitled-English) 'R'					★★★ "The Terminator" (1984) Arnold Schwarzenegger. 'R' CC			
	STARZ!	Love Comes	★★★ "The Chronicles of Narnia: The Lion, the Witch and the Wardrobe" (2005) Tilda Swinton.					★★★ "Stranger Than Fiction" (2006, Comedy) Will Ferrell. 'PG-13' CC				★★ "Kingpin" (1996) 'PG-13' CC	
	ENCORE	(5:35) ★★★ "Independence Day" (1996) Will Smith. 'PG-13' CC				★★★ "Rush Hour" (1998) Jackie Chan. 'PG-13' CC			(:45) ★★ "Blade" (1998, Horror) Wesley Snipes, Stephen Dorff, Kris Kristofferson. 'R' CC				

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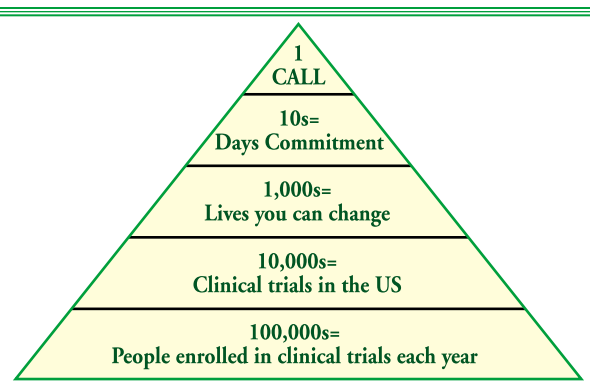

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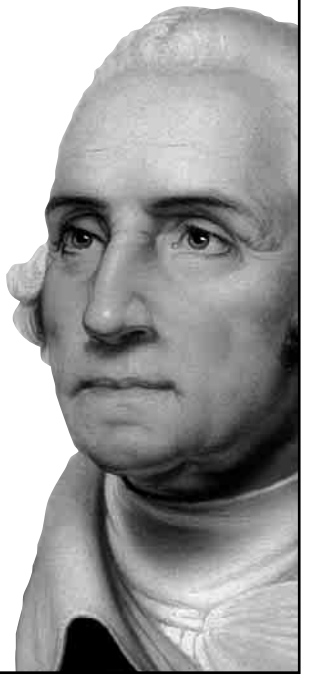

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CONCIERGE FRONT DESK PERSON

DC Firm seeks experienced person to provide concierge/front desk duties. Must possess excellent communication/computer skills. Proficient in MS Word & Excel. Min of 5 yrs experience as Concierge Call 202-543-6080 for interview.

Construction

RECEPTIONIST

Looking for Receptionist. 2-3 yrs experience. Good pay and benefits. Please fax your resumes to: 301-779-9337.

COURIER—Drivers needed. Vans, trucks. Earn $400-$600/week. Call 703-924-3278

COURIERS—sz06 Receive steady extra income from delivery of messages to local addresses. DC/MD/VA area. Call BJ, 240-508-1093

Custodians — Northern VA opening. Exper. PT Mon-Fri. Call 703-813-5695

CUSTOMER SERVICE

FT/PT friendly & dependable. Company benes. Alexandria, VA area. 703-998-6464.

DANCERS— Wanted for Gentleman's Club (PG County). $300-$500/night. No exp. needed. **240-286-3660 or 301-568-8500**

DATA ENTRY — Full or part-time, 50 wpm, multi-tasker, able to work in a fast paced Fairfax City office. Start immediately. Please fax resume to 703-383-3246.

DENTAL ASSISTANT

FT, Mon-Fri, near American University. Our general dental office is looking for an experienced Dental Asst who is sincere & caring & who looks forward to working each day with wonderful patients & enthusiastic team & Dentists dedicated to quality care. Previous exper. as a Dental Asst is necessary.
Please call 202-244-1601.

DENTAL

FRONT DESK

FT 2 yrs exp for office on Friendship Hghts Metro stop. Medical benefits. Send resume to: elidia@friendshipdental.com or fax 703-575-9890

Dental

FRONT DESK/ASSISTANT

PT/FT for a state-of-the-art dental practice, metro accessible. Fax resumes to: 703-415-7596.

DRIVER $— A great opportunity for 3 professional couriers! Comm + gas incentives. Potential $600-$800 a week. Benefits offered by a 3rd party co. If you own a car or van, call Don (M-F) 301-419-2626.

DRYCLEANING **Silk & Linen Presser**
Exper'd. F/T. Co. Benefits. Alex., VA.
Call 703-998-6464

Drywall Mechanics/Finishers—Must have tools & trans. Great pay & benefits. Long-term work available. Call 703-590-4510 & 301-982-7346

Engineering

THE JBG COMPANIES

Lead Engineer

Commercial Real Estate Company is currently seeking a qualified candidate to operate a commercial office property located in Rockville, Md. Candidate must have DC 3rd Class Lic., excellent HVAC, plumbing, and electrical experience. Good communication & managerial skills, minimum 5 years supervisory exp. and universal CFC certification a must. For consideration, fax resumes in confidence with salary requirements to: 301-230-1462, Attn. Carl Breerwood EEO/AA Employer m/w/d/v

ELECTRICIAN

Are you an experienced Industrial Electrician?

Have you completed a four-year electrical apprenticeship program? Do you have an Associates Degree in Electronics or Electrical Engineering? Do you have Military training in electronics or avionics? If you can answer yes to these questions and are ready for a challenging career in a dynamic production facility with a rewarding organization, send resume & cover letter to:

The Washington Post

7171 Wimsatt Rd.
Springfield, VA 22151
Attn: Recruitment/IE/BL
Email: talentsearch@washingtonpost.com

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Executive Assistant to the CEO

Polished, energetic Executive Assistant (EA) needed to support busy CEO. EA will manage CEO's calendar, schedule and contacts; arrange travel; coordinate meetings; maintain files; and handle all professional and personal details while displaying grace under pressure. We offer a fun and friendly work environment, competitive salary and bonus structure, full health benefits, holidays and paid vacation. Must have exceptional organizational skills, strong administrative skills, a positive attitude and good work ethic, proficiency in MS Word and Outlook, and excellent oral and written communication skills.

Please email resume and cover letter to: hr@hovde.com and reference 'CEO EA' in the subject line.

FIELD HUMAN RESOUCE MANAGER

Fast-growing intl development contractor has immediate opening for experienced, dynamic HR manager to lead policy development, procedures and implementation for our Intl. offices. Requires bachelor's degree plus min 3 yrs of exp in a manager position; experience with USAID contracting and solid understanding of HR practice in int'l development context. Must have flexible work style, strong interpersonal skills, communication, presentation skills, and commitment to organizational mission. . Salary commensurate with exp and excellent benefits. Please send resumes to Recruitment@caii.com EOE.

Fitness

TNT Fitness looking for **Strength Coach/Group Personal Trainer.** $48K-84K/yr. 29-34 hrs/week. 3 day weekends. BS/MS in Fitness related field req'd. Fax resume to: 703-483-3552.

FRONT COUNTER

PT experienced Front Counter person to tag & sought garments. Must have drycleaning experience. Good oral skills and good appearance. 3 days/week. Call 202-281-8237.

GROUNDS KEEPER

Reliable person needed for grasscutting and general outside work. Knowledge of HVAC helpful. Salary based on experience. Pick-up applications at 5878 Southern Ave, SE between 9am and 1 pm. Monday - Friday. Contact 202-575-7540.

HAIR STYLIST

Wanted to work in prestigious Mall.Great opportunity to build clientele. FT or PT. Call 703-507-3363

HELPER— Organize home. Clean floors. $9/hr to start. PT/evenings or weekends. Falls Church/Merrifield area. 703-573-3855.

Health Care

UNITY HEALTH CARE

Community Health Center Full-time Career Opportunities

Unity Health Care is a multi-site non-profit organization offering a continuum of medical care and human services primarily to the homeless and medically underserved. Serve our mission, vision, values and community by applying for the following career opportunities available:

- **IT Clinical Data Analyst**
- **Medical Assistants**
- **Radiologic Technician**
- **Dental Assistant**
- **Pharmacy Technician**
- **Discharge Planner**
- **Charge Entry Clerk, Charge Entry Clerk III**
- **Patient Registration Clerk**
- **Administrative Assistant**
- **Assistant WIC Coordinator**
- **WIC Nutritionist**
- **Assistant Grants Specialist**
- **Outreach Services Coordinator**
- **Financial Counselor**
- **HIMS Clerk-Floater, HIMS Manager**
- **HIV RN Case Mgr., Nurse Mgr., Reg. Affairs Nurse**

We offer an attractive benefits and compensation package. For more details visit us at: **www.unityhealthcare.org;** Unity Health Care * Attn: Human Resources, 3020 14th St., NW, Washington, DC 20009. Send Resumes to:
employment@unityhealthcare.org
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Healthcare

Ocular Technician

Ophthalmology group in Chevy Chase, MD on Red Line Metro, seeks FT (M-F) Tech to join our team. Exp w/Mrx & Lasik preferred. Exc benefits & pay. Email to resumes@edow.com

HELP DESK SPECIALIST

Creative Associates Intl., Inc., a dynamic DC-based global professional services firm, seeks a Help Desk Specialist to provide professional srvcs to users in the realm of hardware, software and technical support. Req. bachelor's degree in Computer Science or MIS or equiv. exp., 3+ years exp. supporting users in every aspect, OS as well as MS Office, Project, Share Point, Blackberries, knowledge of and experience with LAN architectures including TCP/IP configurations, Ethernet, etc. Please submit your resume to Recruitment@caii.comwith 'Help Desk Specialist' CODE: HDQ3703' on the subject line. No phone calls please. EOE.

HSKPR/Babysitter—NW/DC. Live-in/out. 202-333-3112.

HVAC

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For comm'l HVAC company, pays up to $42/hr. excel. benefits, company truck (qualified indiv. must provide current driver's license & driving record) Drug test req'd. To schedule interview call 703-339-0014 ext 301. EOE.

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Private Investigators or Private Process Servers

Large repo firm in Lanham, MD seeking parties for investigative work in MD/DC/VA area. Now offering guarantee+commission.
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Turndown Attendant(PT)
Servers
Greeter(PT)
Cooks (FT,PT,Oncall)
Steward(PT)
Security Officer
Front Desk Agent (PT)

Apply in person at 2401 M St. NW, Washington, DC, M-F, 10am-4pm or **fax resume to 202-457-5075 stating the position you are applying for** or email your resume to wdc.careers@fairmont.com
Jobline 202-457-5065
EOE

LAB AIDE—MAPS, Path. Lab seeking F/T Lab Aide w/BS in Biology from 2pm-10pm. Fax resume to 703-404-1131

LEGAL ASSISTANT — No. Va. law firm seeks Assistant/Secretary, 3-5 years exper. Must type min 70 wpm. Local cts. & lit. pref'd. Reply to: EMAIL **sannino@kasannlaw.com or FAX 703-893-6944 .**

LEGAL

TRADEMARK SPECIALIST

Tysons Corner office of prestigious D.C. law firm is seeking a Trademark Specialist to provide research and administrative support to attorneys and staff in the trademark practice. Experience with online database searching for the purpose of determining availability of a proposed trademark for use and registration is required. Extensive experience in the initial preparation of standard prosecution documentation required. Ability to develop and maintain domestic and international trademark files required. Bachelors degree or 8 - 10 years equivalent experience. Hours: 9:00 a.m. to 5:30 p.m. Beautiful office and excellent benefits to include 4 weeks PTO, health/dental insurance, 401(k), and more. Apply online at **www.hhlaw.com** EOE, M/F

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EEO/AA Employer

Librarian

DC PUBLIC LIBRARY
BRANCH MANAGERS

Experienced, innovative managers are needed to manage the branch operations and community outreach in one of the full service neighborhood libraries. ALA-MLS degree + specialized exp. For more info see our website www.dclibrary.org/jobs To Apply: Submit DC 2000 Employment Application & resume to: Human Resources Dept. Rm. 423, Martin Luther King, Jr. Memorial Library, 901 G Street, N.W., Washington, D.C. 20001 or email to: hr.dcpl@dc.gov EEO/AA Employer

LOCKSMITH SUPERVISOR

Looking to get away from svc truck? Or have lgt locksmith exp yet you're a good manager. Manage retail lock shop & people. You're organize, detail-oriented, excellent communicator. Great co., positive atmosphere, superb benes. Cover & resume
employment@fedlock.com
Fax 703-525-1637 attn Michael Groves

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The Washington Post

7171 Wimsatt Rd.
Springfield, VA 22151
Attn: Recruitment/IE/BL
Email: talentsearch@washingtonpost.com

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Maintenance

DC Public Library
Custodial Worker Supervisor

Serves as supervisor of the custodial & maintenance services for the DC Public Library. For more info see our website at www.dclibrary.org/jobs To Apply: Submit DC 2000 Employment Application Form & resume to: Human Resources Dept., Rm. 423, Martin Luther King, Jr. Memorial Library, 901 G Street, N.W., Wash, D.C. 20001 or email to: hr.dcpl@dc.gov. EEO/AA Employer.

MED ASSISTANT — Rockville. Perm for large prac. Must have 3 yrs med ofc exper w/Veni, EKG, Inj. 35-40K + benes. Fax MSA 703-921-3861.

Media Relations

Manager for media relations department calling newspapers. College degree, strong computer skills. Salary low to mid-30s plus benefits. (2) Media relations specialist. Good diction, general computer skills, must make many phone calls. Spanish language a plus. Salary 26K plus benefits. Falls Church. E-mail: dtaliford@newsusa.com.

MEDICAL ASST — to travel between Annapolis & Bowie ofcs. Must have 2+ yrs Cardiology exper. Long-term temp. $14/hr. Fax MSA 703-921-3861.

MEDICAL JOBS — Temp-to-perm in VA/DC/MD for Med Asst's, Recepts & Billers. Must have 2+ yrs med ofc exper. Good $$. Fax MSA 703-921-3861.

MEDICAL RECEPTIONIST
FT/PT for a great team. 8-5pm. Arlington/ Manassas. Paid holiday & vacation. Fax resumes to: 703-847-9096.

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Meetings:

Govt Mtg Plan - Min. 5 yrs exp. Wrk w/govt contracts and svc oriented. Self-starter w/multi tasking skills & the ability to work on own & meet strict deadlines. Exp w/site selection,developing mtg mtrls, coord registration & hotel rqsts ., providing on-site support, & handling daily correspondence w/vendors & clients. Flexibility for tvl & OT req. For consideration please fax resume to (703) 518-0277.

Nanny/ Sitter Needed (Part Time)

PT Nanny/ Sitter position in Alexandria, VA (Mt. Vernon) for Mom who works from home. Days and times are flexible and can be decided upon interview with candidate. Pay $8-10 an hour. Email **Camimarrero@yahoo.com**

Nonprofit

RESOURCE DEVELOPMENT DIRECTOR

The Salvation Army, USA Southern Territory announce the opening of three Regional Resource Development Director positions. These positions are located statewide of Virginia, Metro Washington, DC and in the panhandle of Florida. Qualified candidates will have awillingness and a proven ability to generate gifts from individuals, foundations and corporations. The purpose of these positions is to generate gifts for the present programs and services of The Salvation Army. Qualified individuals may submit a letter stating salary requirement and an up to date resume' with three references. For consideration for these positions, this information must be faxed or mailed to:

The Salvation Army
Southern Territorial Headquarters
Attention: William A. Lapole,
Territorial Resource Development Director
1424 Northeast Expressway, Atlanta GA 30329
Fax (404) 728-6734

Painter

Paint Shop Supervisor

The National Gallery of Art is seeking an experienced supervisor with exemplary people skills to oversee five painters in the Facilities Paint Shop. The individual will be responsible for many public areas and all staff areas and needs experience with color matching, spray painting, plaster, and furniture finishing. Secure government job, great benefits. Starting wages $58,800. Call Mr. MacFarlane (202) 842-6816 for more info. U.S. citizenship is required. For specific application information and instructions go to http://jobsearch.usajobs.opm.gov/a9nga.asp. The vacancy announcement number is #07-72. ***Applications will be accepted through 10/12/07. EOE***

Parking Attendant—Overnight, must drive stick shift. Call 301-986-9271

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PENSION
Looking for a rewarding challenge? Multi-employer pension fund, located downtown, near Metro, needs organized individual with college degree and at least 2 yrs. work exper. Demonstrating excellent math, research, analytical and communication skills, for processing pension applications. Must be able to work under pressure and with minimal supervision. Work 35 hrs/wk; flex time hrs. avail. Excellent pension benes. Fully paid benes. incl: medical, dental & vision, for employee independence. Also 2-wk vac. after 1 yr. & 12 holidays/yr. Starting salary: $42,242 increased to $44,408 after probationary period. Fax resume: 202-463-8098.

PHYSICIAN

Physician - PCP NEEDED . HIV experience a plus. Cooperative population. CLIA approved office lab. EMR. Support staff. E-mail resume to info@qstreetmds.com or fax to 202-667-0532.

PROGRAM MANAGER:

Nationally recognized accrediting agency is seeking an individual with accreditation and management experience to be a part of the accreditation team. Supervisory experience, ability to multi-task, and excellent written and verbal communicatino skills are a must. Travel required. Send resume and cover letter to SLT, c/o NACCAS, fax to 703-379-2200 or email: stinkleman@naccas.org

Project Management

International Recruitment Division Seeks:

- **Coordinator (BS required/related exp. preferred)**
- **Admin. Assistant (degree optional with exp.)**

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Requirements:
- Strong communication & analytical skills
- Self-starter & multi-tasker
- Enjoy fast-paced, action-oriented work environment
- Computer skills - MS Office & database management
- Able to use multi-line phone

Please email resume to resume@HMI-USA.com

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Retail

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Is outstanding customer service your priority? Are you someday interested in management opportunities in a socially responsible, friendly company? Are you interested in comprehensive benefits that include tuition reimbursement, retirement, and stock options?

If so, we need you!

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On Tuesday, September 25, 2007, we are holding a city-wide job fair at the following store locations:

- **21st & P Streets, NW**
- **Chinatown - 800 7th Street, NW**
- **Tenleytown - 4513 Wisconsin Avenue, NW**
- **Pentagon Row - 1101 S. Joyce Street, Arlington, VA**

Please come by between 11:00 am and 3:00 pm to fill out an application and have an on-the-spot interview!

RESTAURANT
BANGKOK JOE'S, Washington Harbor, now hiring:
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3000 K Street, NW; Tel: 202-333-4422; Fax: 202-333-6169; **www.thaishirl@aol.com**

RESTAURANT
Fountain Rock Restaurant Management Group managing 4 restaurants in Frederick, MD is hiring experienced **Managers and General Managers.** Health Benefits and 401k savings plan available. Send resume to semoinc@hotmail.com, fax to 301-698-5496.

Retail

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Retail
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RN's & LPN'S
FT, PT, & PRN for small adult day care in Bowie/Crofton area. NS. Fax resume: 301-262-3970 or call 301-262-3900 or 240-281-6676.

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Job description: Selling and demonstrating our fine line of Italian Meats and Sausage- by cooking and reheating our products for restaurants, delis and pizzerias. We require 7 quality cook-off SALES calls per day working by appointment or cold calling. We offer an excellent salary, bonus and benefit package. Email resume to Vicki@fontanini.com

Sales

Kaeser Compressors
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DC Licensed SO/Trainee
Call 202-588-5928
SECURITY FIRM —seeks SO for FT position. Must be a least 21 yr old and possess a min of 5 yrs experience. Call 202-543-6080 for interview.

Security Guard
PT on Call. Must be 21 +. DC guard license pref. Willing to train. Wkly pay. All shifts avail. Apply at www.ppssvc.com or 1050 17th Street, NW WDC 20036, or fax resume to 202.496.1286.

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Security Services of America, Inc, is looking for **Supervisors and Security Guards** to join our team in DC, MD & VA. Applicants must be at least 21 yrs old & US citizen with a H.S diploma /GED, English proficient, drug free w/clean criminal history. Security License a plus. Apply in person Tu-Th, 10a-3p at 20201 Century Blvd, Suite 120, Germantown, MD 20874, or call 301-916-8200 x 222 or e-mail **allison.nugent@abm.com**
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PG Plaza Metro
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Suite100
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- Demonstrates effective negotiation & closing techniques
- Strong analyses and judgment skills
- Works well independently as well as in a team environment
- Solid Windows PC navigation ability
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- Strong written & verbal communication skills
- Can type at least 25 WPM

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PG Plaza Metro
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JOBS

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SE 3740 1st St—Lg 1BR, $585 + gas & elec. Pvt Prkg, Nr Metro, Sec Bldg. 202-561-4675 Delwin Realty

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RENTALS

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NE/Prof—4 BR, 2½ BA, N/S Shr Hse. Nr Ft Totten Metro. Cable, maid svc, $800 w/utls. 202-494-3692

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Condo cheaper than you think!
You will feel the quality and affordability with your first visit.
Great Finishes & Amenities too!
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RENTALS

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1BR - 680 SqFt at $150K-$160K Only 5 Left

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If You Qualifyfor the program below
$1000 is all you need to settle in 45 days.
THE SELLER PAYS THE REST!!

Must qualify w/ *HPAP, *DC Bond & *DC Tax Abatement for your payment to be...

With seller's credit of 6% & D.C. Bond Prg. of 6% 30 yrs. fixed coupled w/HPAP Prg= **total monthly payment $936 for 2BR @ $185K incl Condo fee.**

6% CC w/D.C. Bond Prg. of 6% 30 yrs fixed coupled w/HPAP prg= **total monthly payment $726 for 1BR unit @ $150,000 incl condo fee.**

Check This Out! Seller will also pay a whole year condo fee on all 1BR units

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RENTALS

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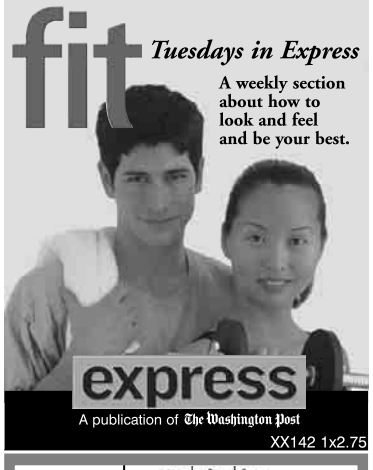

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LOOKout

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Billy Baldwin is a charitable fellow | 38

Styles: No permits for gun brooches | 35

Live Online: Ken Burns discusses 'The War' | 36

Herd Lessons

ERIC GAY/AP

SPUR STUDIES: Texas A&M University students Doug Wilmeth, left, Sean Kelly, center, and Austin Anderson visit a ranch.

Education

Texas A&M is helping cowboys get ahead in business with MBAs

Once upon a time, in the Wild West, all it took to raise cattle was land, grass and cowboys who knew how to rope the critters. Now, it may take an MBA.

Texas A&M-Kingsville's Institute for Ranch Management is offering what university officials call the first-ever master's degree program for ranchers — sort of a Harvard Business School for cowboys. In addition to graduate-level business courses, students are schooled in rangeland specialties, including animal nutrition and wildlife management.

It's an exclusive club, coming with the promise of a job after graduation. The first graduating class had two students; the current class has four, with seven students enrolled in the program this year. Twenty students applied for a slot.

The program signals a new era for the occupation. In the past, those aspiring to careers in ranch management might have pursued degrees in animal science or agriculture and rounded out their resumes with on-the-job training. Today's ranchers also need business and wildlife management skills.

"You can't just be an animal nutritionist and horse person and manage a ranch anymore," said Barry Dunn, a former South Dakota rancher who heads the program.

"The market for most of ranching's history has been a commodities market," he said. "But now the markets are moving into specialized [fields] — whether its hunting or specialized beef production, like Nolan Ryan beef. All of that just adds more and more sophistication."

The class size is kept small to ensure the institute remains elite and is able to place its graduates in jobs, Dunn said.

> "You can't just be an animal nutritionist and horse person and manage a ranch anymore."
>
> **BARRY DUNN**, TEXAS A&M

Current students range in age from 29 to 43 and come from Texas, Oregon, South Dakota, Florida, Arizona, Nevada and New Mexico.

All said they embraced the business training and were able to rope in the math and complex theories with relative ease.

Meanwhile, ranch families may have gotten so big and spread out over the generations that the best way to handle management is to outsource it.

"The land that ranchers manage is really precious to all of us," Dunn said. "We produce food for all of us, and we produce recreation. Ranchers really have a unique role in society, and this little institute is trying to ratchet that up."

LYNN BREZOSKY (AP)

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LOOK out

Private and in the Past

Travel

Civil War buffs pay top dollar for personal battlefield guides

Would you like your Civil War history seasoned with baseball trivia? Spritzed up with a winery tour? Do you long to dissect the Battle of Antietam with a Pulitzer Prize-winning historian?

Hire a guide.

As the 150th anniversary of the war between the states approaches, customized tours for people fascinated by the conflict are multiplying.

As little as $50 buys a two-hour, private guided tour of Antietam, site of the bloodiest day of the war, or Gettysburg National Military Park, the high-water mark of the Confederacy, in neighboring Pennsylvania.

Those thirsting for more knowledge can join multistate bus tours of up to six days led by scholars such as James McPherson, whose 1988 book "Battle Cry of Freedom" won a Pulitzer and helped rekindle interest in the conflict. The cost of the marathon trek, offered by Civil War Tours of Winchester, Conn.: $950, excluding hotel lodging.

TIMOTHY JACOBSEN/AP

Thomas Clemens is a guide for hire at Antietam Battlefield in Sharpsburg, Md.

"We interpret the events of the battle as they unfolded, which the average guy can't do standing there reading the park brochure by the wayside," tour operator David A. Ward said.

> "You just continue to learn more and more about not just the battle, but the whole campaign [at Antietam]."
>
> **JEFF DRISCOLL**, TOUR GUIDE

Between these extremes are an assortment of tours tailored for virtually every taste. All-In-One Tours and Cruises of Lancaster, Pa., blends visits to Virginia battlefields with wine tastings, plantation house tours and Shakespeare plays. Company co-owner Cathy Strite said the leisurely Civil War packages appeal to history-loving "new seniors" — baby boomers who wouldn't dream of taking a tour bus to Branson, Mo.

"They say, 'I want education, I want to keep living, I want to keep learning, I want to keep my mind active,'" Strite said.

Jeff Driscoll has been giving tours at Antietam National Battlefield, just outside the western Maryland hamlet of Sharpsburg, since the 1970s. His clients have ranged from Boy Scout troops and British tourists to individuals like Wayne Rowe, a Naval War College librarian from Tiverton, R.I., whose hobby is studying the Richmond Howitzers, a Confederate artillery company.

On Rowe's last visit to Antietam in May, he hired Driscoll to retrace the unit's movements, from their Potomac River crossing near Sharpsburg to their battle positions throughout the day, documented on time-sequenced maps that most casual visitors to the battlefield headquarters never see.

Rowe said he was thrilled to be able to walk where the Richmond Howitzers marched.

"I didn't have much time, and he kind of did the work for me. It was the best money and time I could have spent," he said.

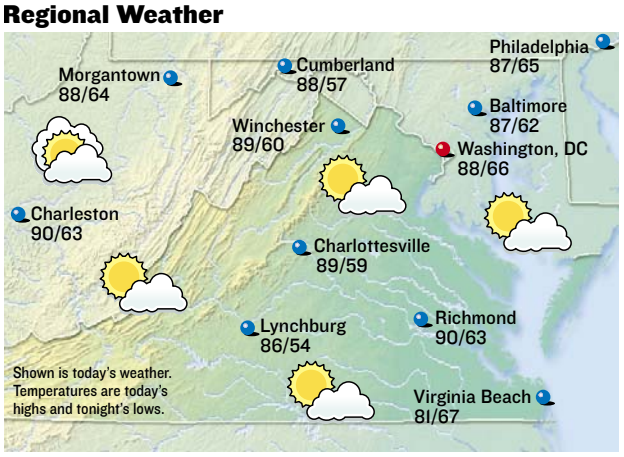
Driscoll said boning up on arcane requests is part of the fun of guiding.

"You just continue to learn more and more and more about not just the battle, but the whole campaign. It's expected and it's necessary," he said. DAVID DISHNEAU (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny, remaining warm	Clear	Hot, humid, partly sunny	Partly sunny, a t-storm possible	Variably cloudy	Mostly sunny
88°	66°	90° / 69°	86° / 65°	78° / 57°	78° / 57°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	83°
Low	58°
Normal high	77°
Normal low	59°
Average humidity	44%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.60"
Normal month to date	3.07"
Year to date	21.64"
Last year to date	34.94"
Normal year to date	29.33"

For up-to-the-minute weather, see: **washingtonpost.com/weather**

Regional Forecast

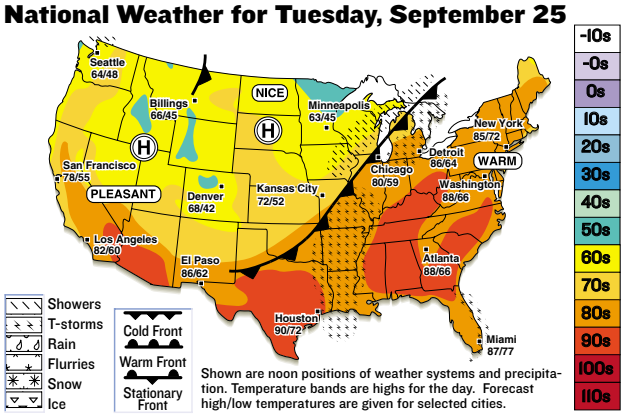
D.C. Metro: Today, sunny, warm. High 88. Wind south 4-8 mph. Tonight, clear. Low 66. Wind south 4-8 mph.

Sun and Moon

Sunrise today	6:58 a.m.
Sunset tonight	7:01 p.m.
Moonrise today	6:22 p.m.
Moonset today	5:23 a.m.

Full	Last	New	First
Sept 26	Oct 3	Oct 11	Oct 19

National Weather for Tuesday, September 25



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	88/66/s	84/68/pc
Boston	89/66/s	92/68/s
Chicago	80/59/t	70/52/pc
Dallas	90/71/pc	90/68/pc
Denver	68/42/s	73/44/s
Honolulu	88/75/pc	88/75/pc
Los Angeles	82/60/s	84/60/s
Miami	87/77/t	89/77/t
New York City	85/72/s	89/73/pc
Orlando	88/73/t	88/73/t
Seattle	64/48/pc	66/50/pc

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	57/48/sh	58/48/sh
Athens	78/62/s	77/64/pc
Berlin	58/44/r	60/43/c
Buenos Aires	64/48/s	64/50/s
Calgary	60/40/pc	59/38/pc
Dublin	57/43/pc	55/41/pc
Geneva	60/43/r	53/46/r
Moscow	66/45/pc	66/48/s
Rome	72/54/t	69/56/pc
Sydney	77/61/s	81/57/pc
Tokyo	78/66/pc	75/67/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

RUSTY KENNEDY/AP

Apples into oranges: Melanie Brandon turns guns into accessories.

Gunning For Fashion

Stop shooting guns and start wearing them as jewelry

There have been many proposals for keeping guns off the streets of Philadelphia, but none as unusual as Melanie Brandon's: Melt them down into jewelry.

It sounds pie-in-the-sky, yet the Philadelphia fashion designer managed to get it done. Runway models wore the gunmetal pieces at Brandon's two shows during Fashion Week in New York.

The jewelry, part of her Melani Von Alexandria collection, was Brandon's creative attempt to address a harsh reality: Philadelphia is on pace for its highest murder rate in a decade. Nearly 300 people have been slain so far this year, nearly all by firearms.

"Just like a lot of Philadelphians, [I was] frustrated with people getting killed left and right," Brandon said. "Why sit by and complain about what's going on? ... You have to be part of the solution."

A clothing designer for eight years, Brandon was originally thinking about rhinestone accents for her latest collection but said it didn't feel right.

"Everybody's done that," she said. That's when the idea of turning guns into jewelry hit her. She wrote a proposal in July and sent it to the mayor, top police brass and the sheriff.

It ended up on the desk of Paris Washington, chief weapons officer for the sheriff's department. Last month, he escorted Brandon and five confiscated firearms to a local welder's studio. The guns, some from domestic violence cases, had been ordered destroyed by a court.

"I thought this might be a way of taking an object that, in our case, was used in violent confrontation and allow it to be turned into something beautiful," Washington said.

> **"Why sit by and complain about what's going on? You have to be part of the solution."**
>
> **MELANIE BRANDON,** DESIGNER

The welder, working from Brandon's designs, made the guns into a ring, brooches and pendants.

Most are abstractly shaped. One pendant looks almost like a halved wind chime — except it's actually the bisected barrel of a gun. A large, bowtie-shaped piece will be used as a belt buckle and a similar one will become the handle of a purse.

The attention Brandon has received for the gunmetal jewelry may boost her profile, but she said her desire for success is equal to her desire to mentor young Philadelphians who might otherwise end up using guns for lethal reasons.

More gunmetal pieces are on the way, and a diamond company has contacted Brandon about incorporating stones into the jewelry, she said.

Jonathan Shorr, owner of the Jonathan Shorr Gallery in New York, hosted a show for Brandon during Fashion Week earlier this month because he was so taken with the jewelry concept.

"It's not only taking the guns off the street and destroying them. ... Something positive is coming out of them," Shorr said. "It's a great cause, and it's great work."

KATHY MATHESON (AP)

Beauty

Retaste the Past

We'd never bottle our first kiss: That Romeo bit. Keisha Nash Whitaker (as in actor Forest) must have had better luck. Each tube in the lip-gloss collection **KISSABLE COUTURE**, created with makeup artist AJ Crimson ($22, Kissablecouture.com), is named for fellas she and her friends smooched (Dylan, Eric, Tyler and four others). As we're highly skeptical of celebrity vanity projects, we were shocked to find this is a high-quality product. It's not very sticky (around ChapStick levels), the color was smooth and the sparkling accents didn't make us look 12. KRIS CORONADO (EXPRESS)

Hair

Fraternal Twins?

We never realized there was an unwritten rule that shampoo-conditioner sets should smell the same until we came across a pair that doesn't. **SAVE YOUR HAIR** shampoo in "Rainforest" has semi-fruity notes; the matching conditioner was eerily redolent of sarsaparilla ($18 and $14, Saveyourworld.com; one acre of rainforest is protected for one year for each product sold). Lacking the suds-forming chemicals found in most shampoos, SYH doesn't lather, so it took a hefty squirt to clean our hair. The conditioner performed much better, though we spent the rest of the day craving root beer floats.

RACHEL KAUFMAN

LOOKout Online

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site specifics

MUSIC

Closing the Open Book

After 33 years of searching for that numinous texture, that heartbreaking detail and that innovative approach, the Guarini Quartet is ready to hang up its bows. Express contributor Andrew Lindemann Malone spoke with violinist Michael Tree about this regional treasure of classical music. | COMING UP

FREE RIDE

Grab Your Walking Shoes

Looking for something to do this weekend? The fall installment of Cultural Tourism D.C.'s Walking Town tours are set for Saturday with 50 to choose from. Express' Michael Grass takes a look at some of the less popular, but still interesting, tours on the slate. | ONLINE NOW

EATING AROUND

Wine Gets Its Time

Last week, Express contributor Melissa McCart wrote that "D.C.'s wine-bar trend is hitting its peak." Now we've got more details on the scene's two newest yet-to-open entrants: Vinoteca in the U Street corridor and Enology on near the National Cathedral. | ONLINE NOW

comment board

Gen. Petraeus is nothing more than a water boy for the criminal administration, and it is time we support our troops by bringing them home."

COMMENTER KAROLYN, WHO ADDED, "IT IS WAY PAST TIME FOR THE TRUTH TO COME OUT, AND THE MOVEON.ORG AD WAS THE TRUTH."

The ad has convinced me that it's worth ignoring pretty much anything MoveOn has to say in the future, just like I currently ignore [Bill] O'Reilly and [Ann] Coulter."

COMMENTER BRONSON, WHO ADDED, "I HAVE NO DESIRE TO WATCH ANY FIFTH-GRADE PLAYGROUND SLAP-FIGHTS."

"This is just another case of conservatives using the free speech issue to question patriotism. When will the left stop being bullied by this stuff? This is what our troops SHOULD be fighting for!"

COMMENTER GW, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DID MOVEON.ORG GO TOO FAR WITH ITS RECENT AD ATTACKING GEN. DAVID PETRAEUS?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DID MOVEON.ORG GO TOO FAR WITH ITS RECENT AD ATTACKING GEN. DAVID PETRAEUS?

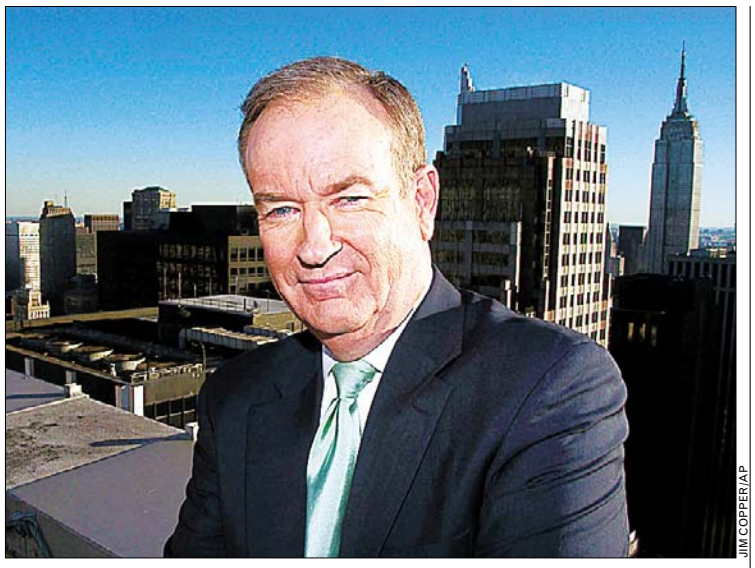
NO 55% | **YES** 45%

SEE HOW YOUR METRO STATION VOTED AT READEXPRESS.COM/POLLCENTER.PHP

Blog LOG

"When RFK does meet the wrecking ball, that will be a pretty sad day for a lot of D.C.-area sports fans."

SHINESILENTLY.BLOGSPOT.COM MILDLY LAMENTS THE POTENTIAL DESTRUCTION OF RFK STADIUM, WHICH WILL HOUSE ONLY D.C. UNITED FROM HERE ON OUT.



JIM COPPER/AP

"Slum-raised Africans 'ordering and having fun' just as suburban Italians would? Perhaps you can take the jungle out of the beast."

MOLLYGOOD.COM MOCKS BILL O'REILLY AFTER HE EXTOLLED THE "SURPRISINGLY CIVILIZED BEHAVIOR" OF BLACK PEOPLE AT THE FAMED HARLEM EATERY "SYLVIA'S."

"REEBOK has actually managed to make the jobs of some of the hardest-working men in hockey harder."

ONFROZENBLOG.COM POINTS OUT THAT REEBOK'S NEW UNIFORMS FOR THE ENTIRE NHL ARE STRUCTURALLY FLAWED, THUS FORCING EQUIPMENT MANAGERS TO DO TWICE THE CLEANING WORK AFTER GAMES.

"I KNEW BETTER. He was being used by her. A compete tool in a skilled operator's hands. She just needed to know if I was strong enough to not get rattled."

ROISSY.WORDPRESS.COM DESCRIBES A CRITICAL JUNCTURE OF HIS SEEMINGLY GOOD DATE WITH A WOMAN, IN WHICH SHE DECIDED TO FLIRT WITH A RANDOM GUY.

"ONCE REGARDED as a respected journalist who just got one story wrong and refused to admit it, the lawsuit has generated an outright antagonism among journalists that never existed before."

CAPTAINSQUARTERSBLOG.COM SHEDS SOME LIGHT ON THE RECENT CONTROVERSY STARTED BY DAN RATHER'S $70M LAWSUIT AGAINST CBS PARENT COMPANY VIACOM.

Discussions

'The War' on PBS

Filmmaker **KEN BURNS** was online Monday to discuss his PBS documentary "The War."

Many people have noticed that the World War II veterans seldom spoke about what happened to them. What was it about World War II that seemed to let its veterans decide that it was best to remember in silence, and how were you able to break some of these silences?

This is an unusually reticent generation. They went off and saw bad things, did bad things and lost good friends. When they got home, they had no one who could really understand what they had experienced, and so they locked it away in the deepest recesses of their souls. Fortunately, in the sunset of their lives, a few of them have realized that their memories are our inheritance and have graciously let us bear witness to their extraordinary stories.

Did you find former soldiers who did things they were ashamed of?

Yes, we found many of our veterans willing to share with us part of what is the horror of all wars. Please stay tuned in subsequent episodes for just these kinds of disturbing stories alongside the powerfully heroic ones.

What did you learn about war that you did not know before doing this documentary?

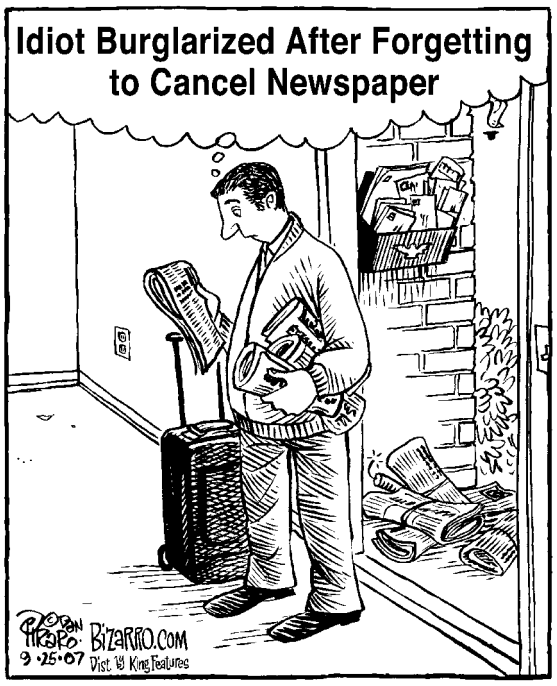
We learned new facts, to be sure, startling, devastating facts. But most of what rearranged my molecules was bearing witness to the extraordinary testimony of the men and women who are the real stars of our film, the so-called ordinary people who remind us in every gesture and breath that there are, of course, not ordinary lives.

TODAY ON DISCUSSIONS: Washington Post music critic J. Freedom du Lac talks about the latest on the music scene at 2 p.m. | **washingtonpost.com/discussions.**

DO | **GET READY FOR EXPANDED MARC COMMUTER SERVICE — FOR YOUR KIDS.** Maryland transit officials are making plans to expand MARC commuter train service and triple capacity by 2035 to 100,000 riders per day. The MTA would add more weekday trains, including midday trains, and weekend service.

Look out

Bizarro | *Dan Piraro*

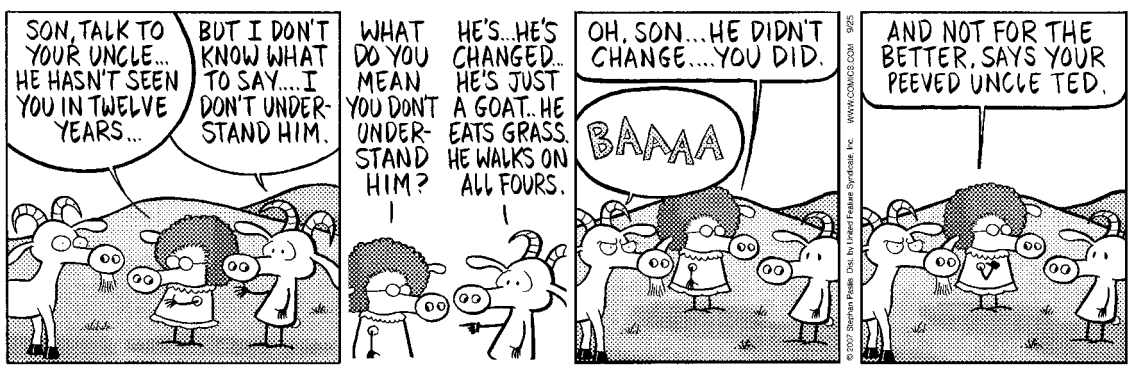


Cornered | *Mike Baldwin*

"No, sorry, folks – you still can't afford to start a family."

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

LIBRA (Sept. 23-Oct. 22) You'll find that others may gravitate toward you more and more as you reveal all that you have to share — personally and professionally.

SCORPIO (Oct. 23-Nov. 21) You're just what the doctor ordered as far as a loved one is concerned. Be smart: Be there when the time comes.

SAGITTARIUS (Nov. 22-Dec. 21) Another's admiration for you may develop into something far less distant and even rather intimate. There is much to explore.

CAPRICORN (Dec. 22-Jan. 19) As your understanding changes, you will find that your friendships may deepen — and your rivalries become far more rich and involved.

AQUARIUS (Jan. 20-Feb. 18) It's important to be open and receptive to all those who are in your circle of activity. Any attempt to be secretive will only backfire.

PISCES (Feb. 19-March 20) Reaching a desired goal may not require any complicated steps. A simple, straightforward attempt should win the day for you.

ARIES (March 21-April 19) You may encounter someone in your travels who is every bit as stubborn — and creative — as you are. Don't be suspicious; work together.

TAURUS (April 20-May 20) You may want to work on your sensitivity and receptiveness. It is important that other people feel comfortable when coming to you with problems.

GEMINI (May 21-June 20) You'll approach the day with more energy and gusto than expected. What happened to that cautious approach? You may be unusually adventurous.

CANCER (June 21-July 22) You do believe that variety is the spice of life, don't you? If so, take a look around you: There is a great deal of variety to choose from.

LEO (July 23-Aug. 22) You may be perilously close to taking yourself far too seriously. When you have the chance, set work aside and concentrate on recreation.

VIRGO (Aug. 23-Sept. 22) You may want to proceed with greater care than usual as a result of an unexpected warning received during the last 24 hours.

Letters

Relax — It's Just a Comic

I AGREE WITH letter writer Ashley Burgherr's comment in Friday's Express concerning the comic strip "Pooch Cafe's" treatment of a baby bird falling from a nest ("Comic Spreads Bird Myth"). This particular strip is constantly toying with the boundaries behind fact and fiction. Every time I see the dog, I think about complaining that the comic perpetuates the myth that dogs can speak. We are also forced to believe that dogs talk to one another in English and that they walk upright. Maybe we should all boycott "Pooch Cafe" and only read "Pearls Before Swine," which is fully grounded in reality with talking pigs, goats and rats, and a militant duck.

—JACKIE LACARRIERE
Baltimore, Md.

Correction:

An item in Monday's Sports section said Ryan Howard matched Austin Kearns' record for strikeouts in a season with 195. Adam Dunn hit the mark in 2004.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1493 Christopher Columbus sets sail from Cadiz, Spain, with a flotilla of 17 ships on his second voyage to the Western Hemisphere.

1789 The first U.S. Congress adopts 12 amendments to the Constitution and sends them to the states for ratification. (Ten of the amendments became the Bill of Rights.)

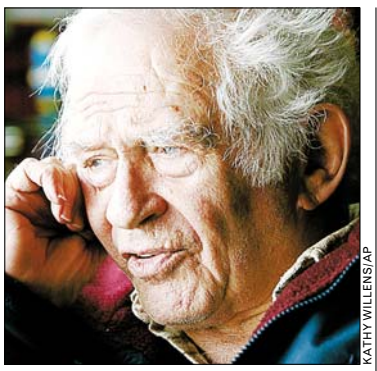
1890 Wilford Woodruff, president of the Church of Jesus Christ of Latter-day Saints, renounces the practice of polygamy.

1957 Nine black students forced to withdraw from Central High School in Little Rock, Ark., because of unruly white crowds are escorted to class by members of the National Guard.

1980 Sandra Day O'Connor is sworn in as the first female justice on the Supreme Court.

PostPoints DAILY CODE EM

Look out | People



KATHY WILLENS/AP

Norman does not care that you look at this page to see hot young actresses.

WORDY

Synopsis Confuses God Out of Existence

NORMAN MAILER's "On God: An Uncommon Conversation" will be published by Random House on Oct. 16. "He presents ... an artistic God who often succeeds but can also fail in the face of contrary powers in the universe, with whom war is waged for the souls of humans," Random House said in a statement. (AP)

FRAZER HARRISON/GETTY IMAGES

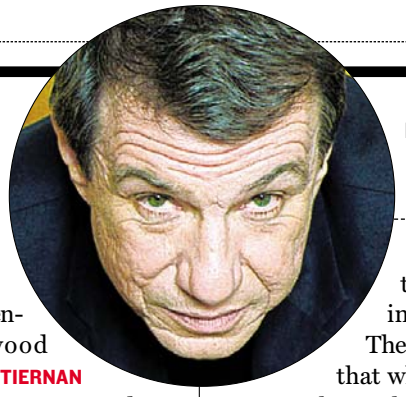
WHO THIS ITEM IS ABOUT

No, Not Alec

WILLIAM BALDWIN, right, is auctioning a day on the campaign trail with Elizabeth Edwards and a private falconry lesson with Robert Kennedy Jr. to raise funds for his mother's foundation, the Carol M. Baldwin Breast Cancer Research Fund. (AP)

DULL

Dearth of Beautiful People in the News Means You Get This



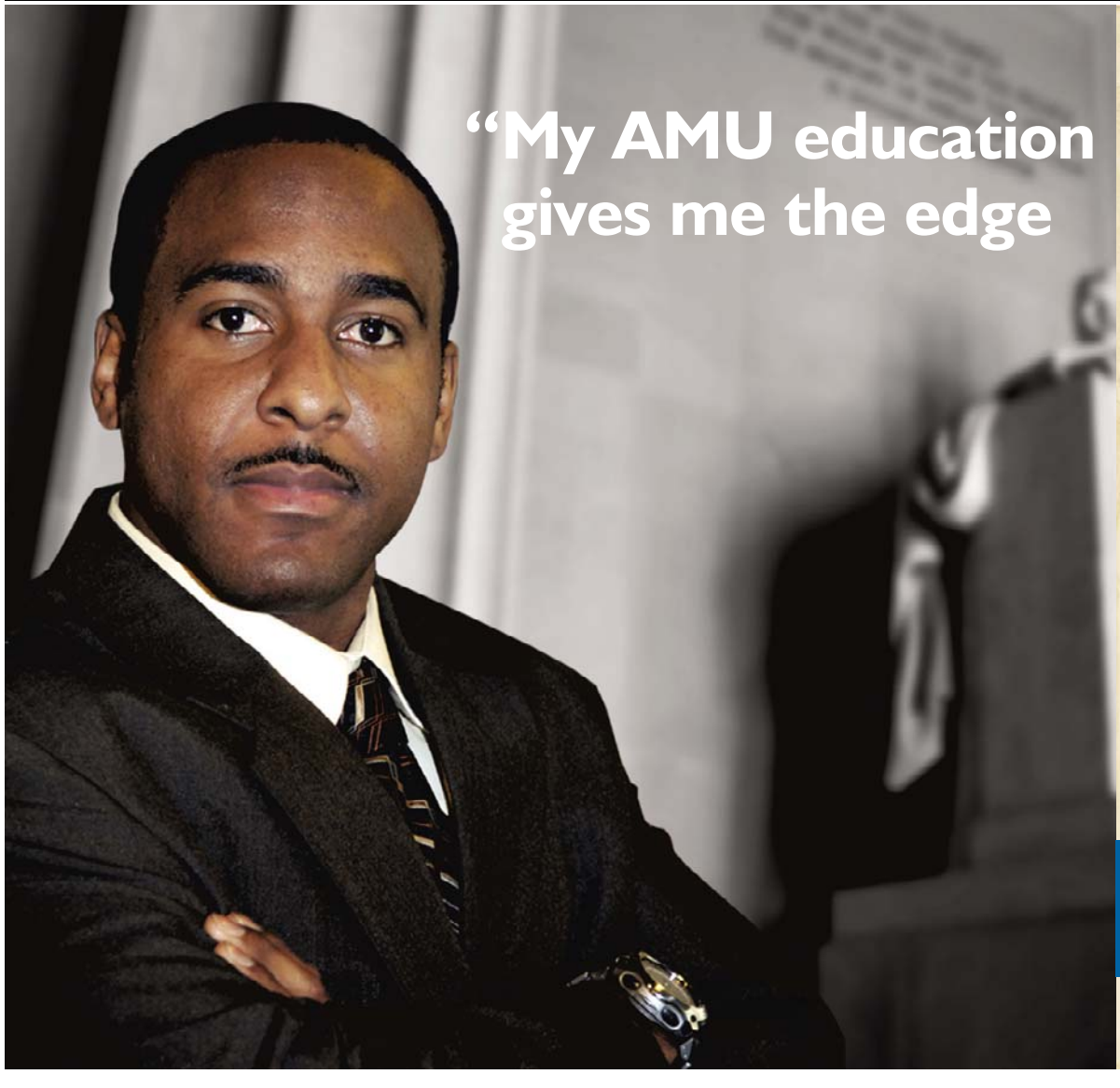
A federal judge sentenced Hollywood director **JOHN MCTIERNAN** to four months in prison Monday after refusing to allow him to withdraw his guilty plea to a charge of lying to the FBI about his association with disgraced private eye Anthony Pellicano. The director of "Die Hard" has until Jan. 15 to turn himself in to authorities. The defense argued that when McTiernan spoke to the FBI agent he was tired from having returned from a long trip to Asia, was taking antibiotics for a sinus infection and had gone off his antidepression medication. (AP)

Look, we would have rather seen Jessica Alba,

SHUT UP

'It's My Schedule, Not My Money, That Makes It Easy'

JENNIFER GARNER, star of the upcoming "The Kingdom," says she's grateful she can balance her career with motherhood. "My job is great to have as a mom," she tells Marie Claire. "I get to take long breaks and then work hard in a really concentrated way." Garner wed Ben Affleck in June 2005. Their daughter, Violet, will be 2 on Dec. 1. "She's pretty awesome. We're in that sweet spot before the 'terrible twos,'" the 35-year-old actress says. (AP)



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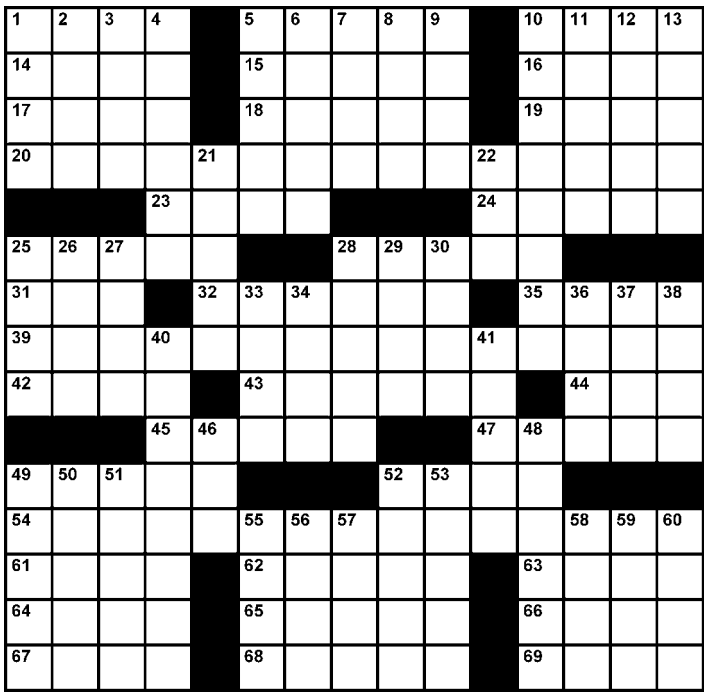
LOOKout

CROSSWORD | BLOWIN' IN THE...

EDITED BY TIMOTHY E. PARKER



ACROSS

1 Calcutta queen
5 Oxidizes, in a way
10 Cyber junk mail
14 "Couldn't have said it better myself"
15 Toughen up
16 Sweet spot?
17 Barroom projectile
18 Not so nasty
19 "Is that all right?"
20 Chats
23 Deuce topper
24 Birch kin
25 "Ditto"
28 Kind of ray
31 Collection of anecdotes
32 Manuscript gap
35 Zodiac delicacy
39 Unresolved
42 Word with "panty" or "fire"
43 So far
44 Keydets' coll.
45 Ones over there
47 Intentional nuclear blast
49 Slacken
52 St. Louis landmark
54 Film in AFI's top ten
61 Grandpa Munster's pet
62 Like many old fireplaces
63 Natural emollient
64 Longest river in the world
65 Muslim's faith
66 Disencumbers
67 Turned right
68 "Over ___"
69 Item on a to-do list

DOWN

1 CAT scan units
2 "The Joy Luck Club" nanny
3 Seneca the Younger's student
4 Altogether
5 Washer cycle
6 Kwanzaa principle
7 "___ is life!"
8 Genealogist's chart
9 One kind of Bosnian
10 Loafer's lack
11 Elbowed, perhaps
12 Knock the socks off
13 "California, Here I Come" co-writer Joseph
21 Feature of bird song
22 Meadow male
25 Window frame
26 Fully aware of
27 Speaker's spot
28 Word with "tour" or "TV"
29 Jodie in a 1999 romance film
30 Cartoonist Groening
33 It can get into a jam
34 Some Navy noncoms
36 Four-star review
37 Goals
38 Elton John or John Lennon, briefly
40 Received a varsity award
41 Therefore
46 Use a scythe
48 Oppose successfully
49 Winemaking process
50 Bacall mate, familiarly
51 Tropical lizard
52 Rose extract
53 What limericks do
55 "___ soup yet?"
56 Peter of reggae
57 Place for an ace
58 Hipbones
59 Some auction bids
60 Cubicle fixture

Yesterday's Solution

SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

7	1			8		3	2	
		9				7		
				1	4			
	9					2	8	5
5	4	7					6	
			1	9				
		3				5		
	5	8		3			1	6

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

8	5	2	9	1	7	4	6	3
3	6	4	8	5	2	9	7	1
7	1	9	4	6	3	5	8	2
6	7	1	2	9	8	3	5	4
4	3	8	5	7	1	2	9	6
2	9	5	3	4	6	7	1	8
9	8	3	1	2	5	6	4	7
1	4	7	6	3	9	8	2	5
5	2	6	7	8	4	1	3	9

express

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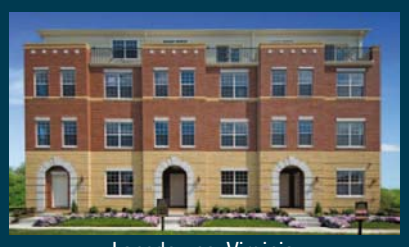

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fit

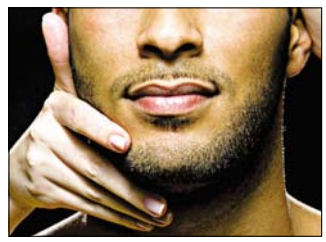
PHYS ED

Kicking Calories

A soccer-based workout could slim you down quicker than jogging | E5

LOOKS

Dorian Gray Redux



Gentlemen can fight off deep wrinkles and jowls with these tips | E7

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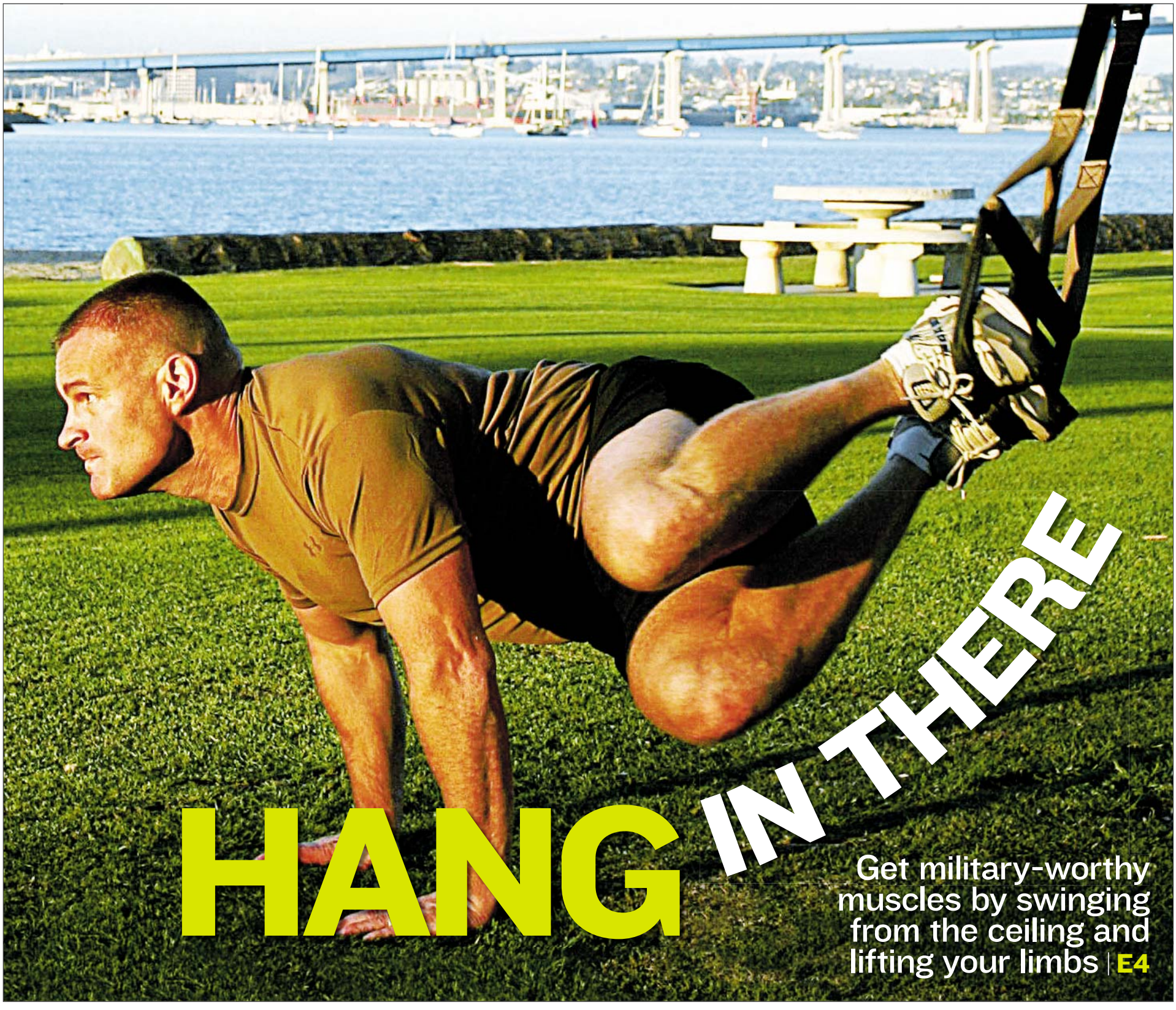

HANG IN THERE

Get military-worthy muscles by swinging from the ceiling and lifting your limbs | E4

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

A Modest Proposal About That Proposal

Q My boyfriend and I have been together for seven years, which feels like a very long time without a wedding ring. He knows I'd like to get married, yet I haven't seen any movement in that direction. I know it's not something you can force. – TIRED IN D.C.

"What do you say, Doris? Let's finally get married ... Doris?"

ERIC REECE

Getting married isn't a unilateral event necessitated by some shiny jewelry. Ideally, it's a course two people follow because it seems like the most natural thing in the world, they understand thoroughly what it entails, and they can't imagine not doing it. (Perhaps they also want some extra hand towels.)

The point is, this isn't an issue of your boyfriend not proposing; it's an issue of your relationship looking very different to the two of you. Sometimes that can be fixed — with time, with counseling, with some caulk — but whatever his reasons for not wanting to take the next step, they don't exist in a vacuum, and they need to be uncovered and understood.

Begin with a conversation free of accusations or ultimatums — pretend you're starting a new page and want to know what he imagines for your future. He need not give you a timeline, but he needs to explain the whats and the whys of how he feels about a further commitment (not about a white dress). Again, the chasm might be fixable or even just a misunderstanding, or it might be insurmountable; either way, you can't act without knowing what you're up against.

Q I've often been told I possess a "thin skin" — that I'm too sensitive, take things too personally, do not respond well to criticism, etc. I've tried to change this part of my personality but haven't succeeded. Are there ways of doing this? I'm concerned about the career field I am interested in (I will graduate from college this year) and how people say you need to be "tough" to survive it. – SENSITIVE

You want to go psych grad school, do you?

Many jobs that require a thicker skin provide (in a not-altogether-fun way) on-the-job training for how to be too busy to bleed. Your average U.S. senator didn't enter his or her very first race not caring whether someone called him or her a nincompoop but, over time, it's a skill that became well-honed. So, don't worry if the hardened drones you see who've had years in the field do not resemble you. In fact, enjoy being not-so-crusted-over now!

But more importantly, not all jobs require that one's at-home personality match one's work persona. There are talented actresses who are extremely shy, stand-up comics who bore their airplane seat mates to tears and carpenters who drive their spouses crazy because they won't fix that wayward bookshelf. Don't assume one size fits all in terms of how you must define yourself as a human in order to excel in a given career. If all co-workers had similar personalities, what would there be to gossip about?

> This is about a further commitment — not about a white dress.

That said, learning to take criticism without falling apart and developing a healthy self-concept that won't buckle under a random one-fingered salute from a road-rager is something we all can strive for. If you really feel that you don't like yourself enough, or that your level of sensitivity is a hindrance more than an asset or quirk, you'd be well-served by some exploration with a therapist.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

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A publication of The Washington Post

XX143d 5x5

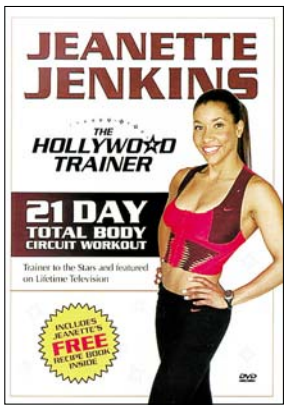
Goods | fit

NEW IN HEALTH warm ups

A Second Skin to Help You Win

LOOKING LIKE A MEMBER OF THE FANTASTIC FOUR might not be what you're going for on a casual jog. But Skins tight tops and leggings don't merely ape the appearance of a superhero; they make you feel like one, too. Skins (Skins.net) boasts that its gear improves circulation, lessens feelings of exhaustion and keeps recovery time to a minimum. Secret Service agent L.B. Brown, who oversees the VP's safety, is hooked on how not sore he feels after a workout in his suit. "And I wish I had it on now to soak up all of this moisture," he said on a phone call from Florida. To squeeze into a set, try Pacers in Arlington, Alexandria or Silver Spring (Runpacers.com).

Getting Ripped for the Red Carpet



IF AFTER 25 REPS you like to say, "holla," you have found your ideal teacher in Jeanette Jenkins, who's come to prominence helping such luminaries as Queen Latifah, Christina Applegate and Taryn Manning slenderize. In "The Hollywood Trainer: 21 Day Totoal Body Circuit" ($15, Tru Company), Jenkins offers up two straightforward, 30-minute routines that blend together quick bursts of huffing-puffing cardio with dumbbell exercises. She emphasizes form and throws in some scientific factoids, but we wish she'd added in more variety — and put a little more thought into the dialogue. The "hollas" get grating, and what does "easy cheesy" even mean?

One Singular Non-Sensation

TO SAY THAT SINGLE SERVINGS of Spam are healthy is akin to convincing a stunt motorcyclist to jump five cars instead of eight: He's going to do it anyway, so he might as well lessen the damage. Sandwich-sized slabs of the mystery meat — both Classic and Lite — are now available in foil packets ($1.09, grocery stores); the effect is not unlike that of a ham Pop-Tart. The package imagery over-dramatizes the differences between the two iterations: One shows grilled Spam on a cheeseburger, the other depicts cubes in a salad. But with 160 calories and 11 grams of fat, Lite is healthier than Classic only by 50 of the former and five of the latter. It has more sodium, too — yet is, perplexingly, blander than the tangier original.

Oh, Say Can You C?

SNIFFLE SEASON IS APPROACHING, so many folks are looking to up their vitamin C intake (even if research isn't clear on whether the stuff actually helps). You could do that with orange juice — but it's so high in calories. You could go with supplement pills — but they're a pain to pop. Or you could opt for Emergen-C, Acai Berry ($15 for 36, drugstores). Like its fellow powder packets, the new release delivers 1,000 mg of C with just 25 calories when mixed in water. The end result smells like icky medicine, but the flavor is a tasty liquid with hints of the Brazilian superfood (though blackberries rank higher on the ingredient list). And there's supposedly an energy boost from B vitamins, but we still felt sleepy.

PRODUCTS
GuineaPig

Snort Attack

The active ingredient in Vicks Early Defense ($11, drugstores) — a spray intended for use at the first signs of a cold — is oxymetazoline HCl, found in many similar products. The difference is the "heat-activated thermoreverseible gelling polymer formula." Vicks says this mouthful o' syllables coats the nose's lining, keeping mucus inside instead of on, say, your sleeve. (Ever heard of a Kleenex?)

To test, we first hung out with a cold victim — didn't work. So, seasonal allergies had to do. On spraying, we immediately experienced what the box calls a "unique cooling scent," meant to signal that the stuff's working. We felt the clearing of snot from our nasal passages was signal enough, and we could have been spared the sensation of snorting a cinnamon stick. That aside, the spray halted residual nose-running a good bit better than its drippier competitors. HOLLY J. MORRIS (EXPRESS)

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THE EXPERTS

TheMisfits

Just Breathe

Q Here is one that has been confusing me for some time: breathing during weight training. At times, it feels very natural to breathe out as I, for instance, go to lift a barbell during upright rows and breathe in as I lower the barbell. That is, breathe out as weight is lifted. But other times, it feels just as natural to breathe in. I am practically breathless trying to make sense of it. — ANONYMOUS

Your problem isn't so much your breathing as your brain. By which I mean, sucking in and expelling oxygen isn't tricky. But thinking about it is. That's why Lynda Espada, the sport and fitness director at the Washington D.C. Jewish Community Center, tells her clients not to stress about it. The rule is that you're supposed to be exhaling on exertion and inhaling on release. Reversing these two — or even worse, holding your breath — can raise your blood pressure and make you dizzy. But when she tells people to focus on their breath, their form generally turns atrocious. She's gotten the best results by encouraging air flow in tricky ways: "I tell them to relax their mouths. If I see some teeth, I know they're breathing." Another good one is just to keep them engaged in chitchat. When they have air coming in and out, but aren't thinking about it, they start breathing correctly while maintaining form. No lifting partner to keep you talking during your strength training sessions? Try softly singing along to the music playing in the gym. You may look a little silly, but you'll be breathing right on cue.

Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at fitness@washpost.com.

LAWRENCE LUK

STRAPPING YOUNG MAN: A trainer at Results the Gym demonstrates how TRX works by swinging his knees from side to side.

Hanging Tough

Nylon ropes only look less painful than weights

When trainers go goo-goo-eyed over a new piece of gym equipment, they're usually salivating over something hulking, shiny and technologically advanced. But the latest must-have is just a nylon strap with handles.

"It makes me frustrated that I didn't think of it. It's amazingly simple," says David Slikker, associate wellness director at the National Capital YMCA, one of the handful of local gyms to have already nabbed the TRX system.

Developed by a Navy SEAL to keep his unit in top shape while on missions far from weight rooms, the device can hang from any steady object (a door, a tree branch or, in the case of gyms, usually a dedicated hook installed in the ceiling). Users must leverage their bodies to make their muscles work.

Manufacturer Fitness Anywhere calls the innovation "suspension training," which sounds scarier than it is. You're not suspended in the air at all — at minimum, one limb is on the ground. The most unnerving position is when both feet are elevated, but even then, "you're never more than 12 inches off the ground," explains Sarah West, a head trainer at Results the Gym.

To get started, just grab the handles, lean so that your head is pointing away from the TRX, and try out traditional dumbbell moves, like rows and bicep curls. Instead of pulling the strap towards you, you move toward the strap, using your body as the weight. To make the exercises harder, merely tilt closer to the floor. "Almost every muscle you're working, you have to use your core as well," Slikker says. "When you do a seated lat pull-down on a machine, you don't get that."

Once users get comfortable, they can try more complicated permutations, like slipping their feet into the handles for push-ups with added instability. From that position, they can pike their legs or pull in their knees. After a quick flip, they can go into a yoga side plank.

> "My first time, I was sore in places I didn't even know existed."

The scalability is impressive — couch potatoes can get a workout targeted to their potential, but so can an Ironman triathlete, boasts Slikker. And although it can make some exercises more difficult, West likes how TRX helps stabilize her clients in certain positions so they can do moves they wouldn't be able to otherwise. Lunges become more manageable with helping hands, and pistol squats (the one-legged kind) become a possibility for folks with balance issues.

Selling the new toy to members has been a cinch, West says. "The reaction has been really good until they get on it. Then they're 'the mean straps,'" West jokes. Slikker credits it with boosting the National Capital Y's personal-training business, so he's working to get it into every regional facility and training staff so that they can show clients the (nylon) ropes.

One of Slikker's longtime patrons, Val Ford, 53, has become a TRX junkie. "The first time I used it, I was sore in places I didn't even know existed," she thrills. She recently bought one for personal use, which she plans to take with her when traveling (it packs up into a teensy bag).

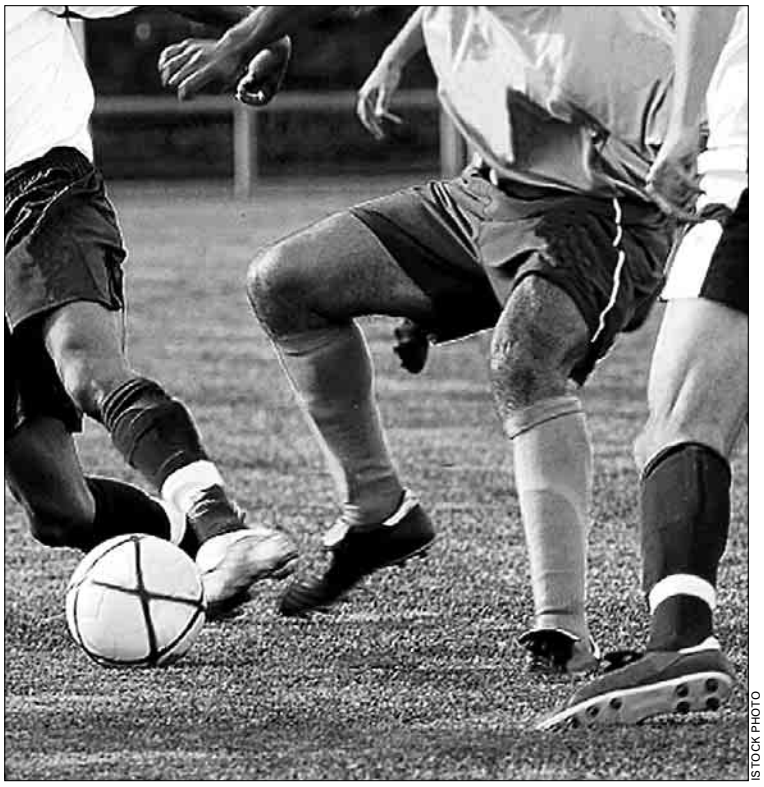
Spotting a TRX may be rare now — Ford reports getting some funny stares from fellow gym-goers — but expect to see more hanging out in a health club near you. Both Results and the National Capital Y expect to add a group exercise class to their schedules in the next few months.

VICKY HALLETT (EXPRESS)

GETTING UP THERE

➜ Want to try it out yourself? Entry to every YMCA in the region is free this week to celebrate "America on the Move," so even non-members can give it a go at the National Capital YMCA (1711 Rhode Island Ave. NW; 202-862-9622; Ymcadc.org) through Sept. 29.

➜ Results the Gym (1612 U St. NW; 202-518-0001; Resultsthegym.com) is hosting a full-day TRX training course for professionals on Oct. 19. For more details (or to purchase straps of your own — they run about $200, depending on which package you buy), check out Fitnessanywhere.com.



ISTOCK PHOTO

Soccer Scores Exercise Cred

Get your kicks and health, too

Keen observers of human anatomy have long suggested that, in the vaulted pantheon of sports figures, soccer players have the best bods.

Now, researchers in Denmark are suggesting that soccer players get a better brand of exercise as well, at least compared to joggers. When a group of couch potatoes underwent three months of soccer training, they became leaner, fitter and healthier than a similar group that jogged, according to a study presented last week at the 2007 British Association of Sport and Exercise Sciences Annual Conference.

The study, led by Peter Krustrup of the University of Copenhagen, evaluated the effects of three hours per week of soccer, jogging or no exercise among 37 randomly assigned sedentary males ranging in age from 20 to 40. After 12 weeks, subjects in the soccer group had lost 7.3 pounds of fat as measured using specialized X-ray imaging, compared with 4 pounds among joggers (there was no change in the control group). The soccer group also gained 3.7 pounds of muscle, while the joggers did not gain measurably in muscle.

Krustrup hypothesizes that the intense physical moves required by soccer — quick stops and starts, sprinting and kicks, which are similar to interval training — use more muscle fibers, while working the heart at near-maximal capacity. Jogging, on the other hand, uses fewer muscle fibers while working the heart to a lesser degree.

The researchers found something else of interest. They had assumed that subjects who had played soccer before would reap superior benefits to those who never had played, reasoning that former players would move more efficiently, while the newbies would be stumbling around adapting to the game.

"What was surprising," Krustrup says, "was that the complete beginners achieved the same physical loading and health effects as the former soccer players. Soccer was beneficial to obese and untrained participants."

JANET CROMLEY (LOS ANGELES TIMES)

Do You Have Type 2 Diabetes?

If diet and exercise aren't providing the control you need, consider volunteering for a clinical research study.

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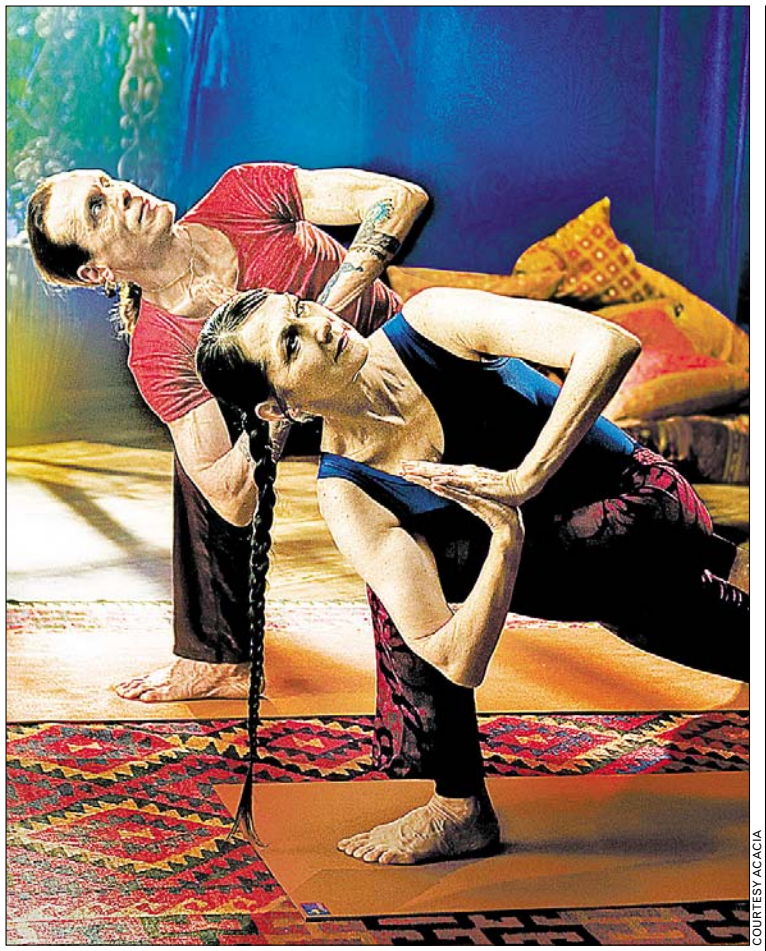
Boost Brain and Brawn

Jivamukti yoga encourages posing upside down and activism

Sharon Gannon and David Life are best-known as the duo who launched the yoga boom at their New York studio back in the 1980s. But they're not your run-of-the-mill mat dwellers.

Besides being well-regarded artists and musicians, Life founded the Lower East Side's Life Cafe (of "Rent" fame) to nurture the creative community; Gannon is a staunch supporter of animal rights (she's the author of "Cats and Dogs Are People Too"). Their passions are an integral part of Jivamukti, the yoga style they developed. The word means "liberation while living" in Sanskrit. In practice, it means a sweaty workout combined with music, studies of yogic philosophy and an emphasis on political awareness. Confused? Beginners can get a taste with their new DVD, "Transform Yourself With Jivamukti Yoga" ($20, Acacialifestyle.com).



COURTESY ACACIA

How did you find yoga?

GANNON: I had broken my back, so a waitress at the cafe who was a yoga teacher suggested I come to her class. I thought, "Yeah, right." I was a bike messenger in my spare time, I was a dancer, a choreographer, I carried heavy equipment up and down stairs. I wasn't looking for another form of exercise and, in my mind, that's what yoga was. When we went to this class, though, I saw that yoga could take the place of what art and political activism were supposed to do. We started teaching yoga as a path to enlightenment, and we incorporated music and spoken word from the beginning.

LIFE: The class engages people on many levels. Someone who has a philosophical interest, someone interested in a vigorous physical workout or with a political interest. You don't have to put your foot behind your head. You can be engaged in all of those ways.

What about this appeals to people?

G: We're at a global crisis. Mother Nature is really underneath this resurgence of yoga. Yoga empowers the individual so they feel that they can make a difference. If a spiritual practice is going to take hold in this day and age, it has to address our relationship with the planet — or else we won't have a studio where you can stand on your head or play a DVD.

Why do so many gym classes abandon the spiritual side of yoga?

L: I think it's a tactical mistake on the part of health clubs. We try to make it more inclusive, so there's an access point for everyone. People strip it bare to just the physical, or just as bad is when it gets airy-fairy and new age-y. The balance point is really critical.

I'd never seen a DVD with one workout but with two different voice-overs. Why did you do that?

G: You can experience it with a man or a woman. Some people just vibe better with one or the other.

I felt like I was upside down a lot.

G: The inversions are held for a long time. We do that because they're the most potent of the asanas and help your endocrine system. They actually change your consciousness. And they say you're only as young as your glands are.

Is that the secret to how you've managed to stay so young-looking?

L: A large part of that is the yogic diet, and at this time, that's vegan because it causes the least harm. Sharon's right about the glands, but you need the right ingredients.

G: When people ask us what we're about, we say, "Veganism, concern for the environment and political activism." What could be more physical than what you eat, where you live and who you live with?

And that facial massage you teach on the DVD helps, too?

G: Instead of seeing a plastic surgeon or using a cream, give yourself a mini face-lift. The simple healing power of one's hands isn't part of our daily life — yet. VICKY HALLETT (EXPRESS)

IF THE DVD WON'T DO ...

Although New Yorkers — and folks in Toronto, Munich and London — have entire studios devoted to Jivamukti, Washingtonians didn't have easy access until 2005, when Flow Yoga Center (1450 P St. NW; 202-462-3569; Flowyogacenter.com) started offering classes in the style. Instructor Jill Abelson says it's a great fit for the city: "People here want an intellectual challenge." Another way she makes her classes unique is by playing a harmonium, a boxy Indian instrument that emits what she describes as "beautiful, resonant, droning scales." Go to Jiva-dc.com for information on local events, such as the Jivamukti weekend at Georgetown Yoga (Nov. 2-4, 1053 31st St. NW; 202-342-7779; Georgetownyoga.com).

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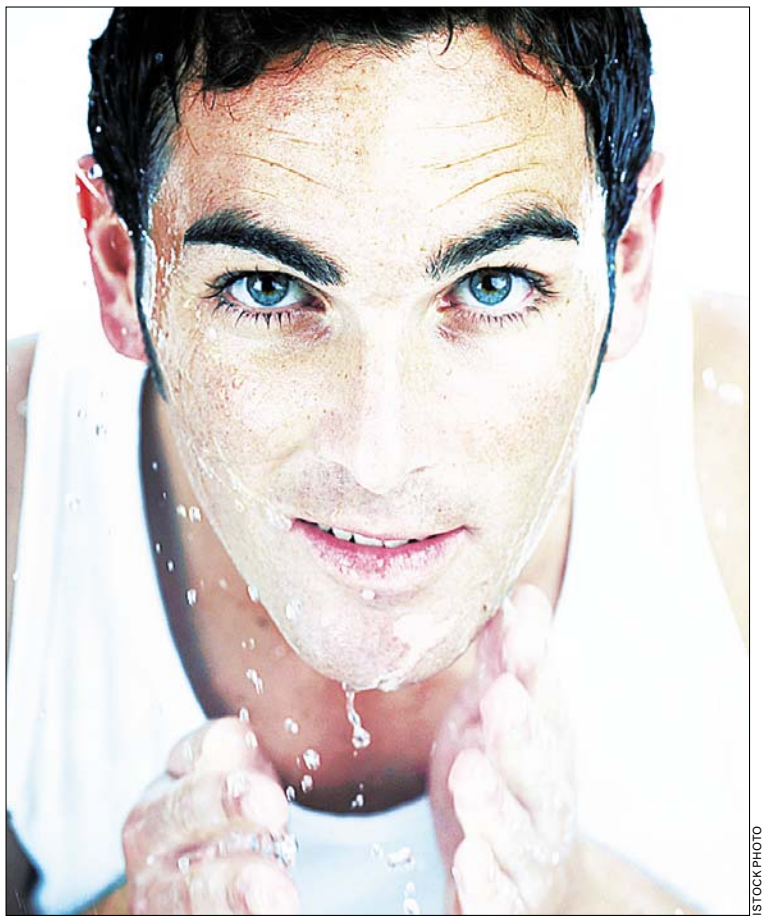
A man's face is a dependable timetable of his life, says Dr. Seth L. Matarasso of the University of California at San Francisco. Here, he itemizes what to expect each decade and offers some quick solutions.



ISTOCK PHOTO

The 20s

PROBLEMS: Not many unless you consider oiliness and acne serious problems. Meanwhile, by your late 20s, collagen, the substance that helps skin maintain its elasticity, begins decreasing by about 1 percent per year (especially in areas exposed to the sun).

SOLUTIONS: "This is basically a maintenance and prevention age," Matarasso says. On your face, use mild soaps that are glycerin-based, nonabrasive and nonirritating (he likes Dove, Neutrogena, Purpose and Basis). He also advises using soaps that are "allergy-tested" and "fragrance-free." Soaps like Irish Spring contain deodorants and antibacterial chemicals, making them good to wash your hairy parts — underarms, groin, buttocks — but bad for the sensitive face area.

To help prevent acne, he recommends alcohol-based topical antibiotics (Cleocin-T and Erycette) or benzoyl peroxide products available over the counter. Rather than pimple creams like Clearasil, he suggests a light astringent (a drying agent that removes surface debris and whose active ingredient is usually alcohol, witch hazel or propenyl glycol). For acne blemishes, he recommends Retin-A, a prescription cream containing vitamin A, which also does wonders for wrinkles. To ward off the effects of the sun, get into the habit now of using sunscreen.

The 30s

PROBLEMS: First signs of crow's-feet around the eyes. If you haven't been using sunscreen, wrinkles start to show. Elasticity keeps stretching the skin; eyelids begin to droop. Little brown freckles (called solar lentigines) begin to surface. Blood vessels may appear on the top layer of skin. Skin becomes duller looking.

SOLUTIONS: Slap on that sunscreen (increase from 15 to 20 or 30 SPF, depending on your sensitivity); it may help reverse early damage. And return to that Retin-A to remove the dead outer layer of skin.

There is a popular myth that moisturizers get rid of wrinkles. They don't, Matarasso says. They just fill in and hydrate the wrinkle — a deft camouflage technique women have long known.

The 40s

PROBLEMS: Sleep lines form in the forehead. The lines at the corners of the nose and mouth — called nasolabial folds — may begin to resemble the Grand Canyon. Those brown sun freckles mushroom like mushrooms. Skin gets drier and even more elastic. Double chin may appear.

SOLUTIONS: Continue to religiously apply the moisturizer and sunscreen. To combat facial wrinkles, sleep on your back (practice breathing through your mouth so that you don't snore). And maintain body weight. If you yo-yo diet, the skin will stretch to accommodate your heavier weight, but it doesn't always return to its previous state when you drop those pounds.

The 50s and Beyond

PROBLEMS: Oil gland activity slows down, making your skin dry and flaky. You lose skin pigment. Sun and age spots now look like lunar craters. Wrinkles increase, especially around the mouth. Lips get thin, the tip of your nose will droop, and you'll form jowls. (Medically speaking, it's when the masseter muscles around your jaws get thicker, a localized accumulation of fat similar to the syndrome women deal with in other parts of their bodies as they age.)

SOLUTIONS: Since loss of pigment means loss of skin protection, sunscreen is more critical than ever. If your thin lips bug you, grow a mustache. To remove sun and age spots, you can undergo cryosurgery (liquid nitrogen) or use a bleaching cream.

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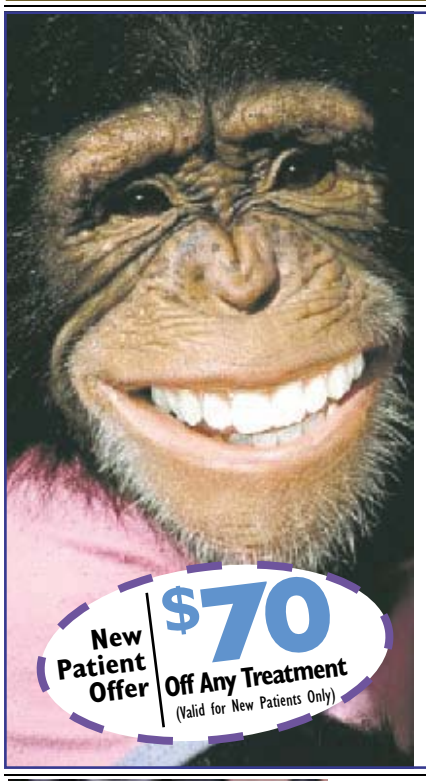

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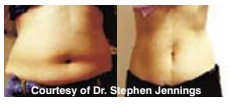

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ALASTAIR GRANT/AP

Mug of Medicine

Scientists look into tea's alleged health benefits

Can imbibing tea affect brainwaves — or perhaps more astonishingly, thwart the development of lung cancer?

A growing number of scientists theorize that tea is far more complex than most people might think. As a result, they are exploring new ways to uncover the chemical secrets nature has tucked into the leaves of green and black teas.

"People have been drinking tea for 5,000 years, and many cultures have used teas for medicinal purposes for just about that long," said John Foxe, a professor of neuroscience and biology at the Nathan Kline Institute in Orangeburg, N.Y. Foxe studies the effects of tea on the brain.

He presented data at a tea conference last week at the U.S. Department of Agriculture in Washington. Foxe has found that an amino acid present in green, black and ooling teas has dramatic physiologic effects. Known as theanine, the tiny molecule enters the bloodstream, then crosses the critical blood brain barrier, the selective sieve that allows only certain molecules.

"We found that within 20 minutes of drinking a cup of tea, there was an impact on the brain's alpha waves," said Foxe said, who studies ways to improve attention. Study subjects were better able to focus after drinking tea, he said, because theanine lowered alpha wave activity. He said there are about 20 to 25 milligrams of theanine in a cup of tea and that the effect on alpha waves lasts about four hours.

Paradoxically, theanine acts synergistically with caffeine to produce the calming effect.

Green tea may be able to ward off Alzheimer's and cancer.

Foxe has pursued his research under a grant from Unilever, the giant that owns Lipton.

But Dr. Louis Teichholz, chief of both complementary medicine and cardiology at Hackensack University Medical Center in New Jersey, said the research is still valid. Teichholz was not connected with the meeting in Washington. "Just because it was supported by a company does not negate the research," he said.

Scientists from abroad who were not connected with U.S. corporations also presented data. Israeli researcher Dr. Sylvia Mandel said her studies of animal models and epidemiologic studies suggest green tea may support the aging brain. Tea drinkers, she said, are less likely to develop Alzheimer's and Parkinson's diseases.

On Long Island, researchers have found that a critical class of green tea compounds may prevent lung cancer. Dr. Theodore Gabig, chief of hematology and oncology at Stony Brook University Hospital, who was not connected with the meeting, said tea leaves contain a mother lode of beneficial compounds. But pursuing tea-related research, he added, is not a simple enterprise.

Gabig has had to put his studies on hold because large quantities of EGCG, a vital purified compound, are scarce and the cost to conduct human clinical trials, at the moment, is prohibitively expensive. "We actually need to get funding to do more animal studies," said Gabig, who also found that EGCG, part of a family of compounds called polyphenons, has adverse effects in the gastrointestinal tract in large amounts. He hypothesizes that inhaling it may prove beneficial, but only research will answer the question. DELTHIA RICKS (NEWSDAY)

Nutrition | fit

Beer Instead Of Butter Is Better for You

■ Beer-braised tilapia, makes 4 servings

LARRY CROWE/AP

INGREDIENTS: 1 tablespoon chili powder; 2 teaspoons minced garlic; 2 teaspoons all-purpose flour; 1/4 teaspoon salt; 1 pound tilapia, cut into 2-inch wide pieces; 1 tablespoon olive oil; 1 large onion, chopped; 8 ounces sliced white mushrooms; 12-ounce bottle mild beer; 14 1/2-ounce can diced tomatoes; 2 tablespoons Worchestershire sauce; 2 teaspoons hot sauce; 1/4 cup chopped parsley.

GETTING STARTED: In a pie plate, combine chili powder, garlic, flour and salt. Add tilapia and toss to coat evenly. In a large skillet with a cover, heat the oil over medium-high heat. Add the fish and cook until browned on both sides, about 2 minutes per side. Add the onions and mushrooms to the skillet. Saute until the mushrooms and onions have softened, 4 to 5 minutes. Stir in the beer, tomatoes (with their juice), Worchestershire and hot sauce. Bring the mixture to a boil, then lower the heat to medium and simmer for 5 minutes. Return the fish to the skillet. Cover and continue simmering until the fish is opaque in the center and flakes easily. Serve sprinkled with chopped parsley. (AP)

PER SERVING: 276 cal., 24 g protein, 19 g carbs, 9 g fat, 65 mg chol., 659 mg sodium, 3 g fiber

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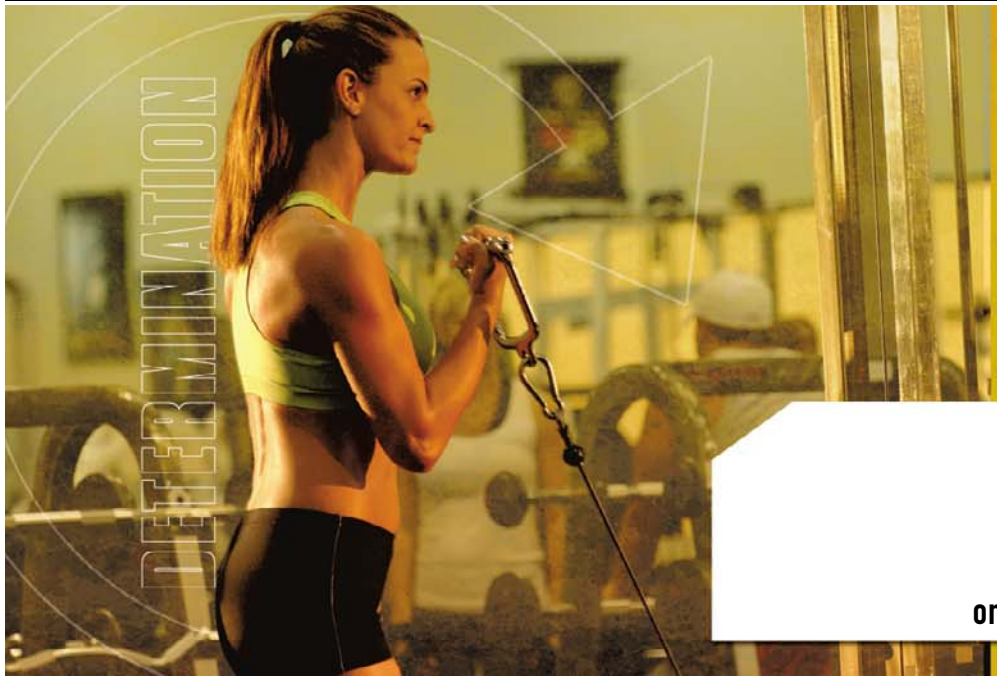

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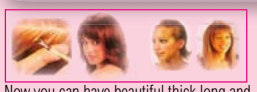

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Doctors on Diets

M.D.s reveal their tips for cancer-fighting chow

Oncologists know that if you prevent cancer, you don't have to figure out how to cure it. Here are their miracle meals.

THE STAY-LEAN LUNCH

"I'm a burger or bowl-of-chili-and-a-salad guy. They have a lot of protein and fiber. My big thing is getting five to nine fruits and vegetables every day, and I believe fresh is best for prevention." — Jordan Berlin, clinical director, gastrointestinal oncology, Vanderbilt-Ingram Cancer Clinic, Nashville

THE LIFESAVING SUPPER

"At a restaurant, I'll always go for the fish. The omega-3 fatty acids in fish have well-documented heart- and blood-vessel-protective effects, and in lab tests, they have lately exhibited some intriguing anti-cancer properties against cancers of the breast, colon and prostate." — Robert LaPorte, radiation oncologist, Rocky Mountain Cancer Centers, Denver

THE FAT-BUSTING SNACK

"The key to eating well boils down to avoiding life's daily little temptations. To avoid fatty, sugary snacks, I keep a drawerful of foil pouches of tuna for when I get the munchies." — Mark S. Litwin, professor of urology and researcher, UCLA's Jonsson Comprehensive Cancer Center, Los Angeles

THE DIET BOOK TO BANK ON

ISTOCK PHOTO

"I try to follow the South Beach Diet because, unlike [some low-carb diets], it distinguishes between good fat and bad fat. For me, that means I eat lots of shellfish, other seafood [for the omega-3 fats], and nuts because of the monounsaturated fats they contain. My lunch is usually a turkey sandwich, an apple, and a slice of low-fat cheese. I eat a lot of lean, lean beef — roast beef and lean cuts of steak with the fat trimmed off." — Nicholas DiBella, oncologist, Rocky Mountain Cancer Centers, Aurora, Colorado

THE BEEF TO AVOID

"There are very few absolutes in my lifestyle, enjoying red meat among them. But I don't eat it frequently. No more than once a week in our house. The suggestion that charred or heavily cooked grilled meat can expose people to carcinogenic amines is worth following." — Charles Fuchs, epidemiologist, Dana-Farber Cancer Institute, Boston

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STUDIES

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The Nose Knows

■ Researchers in London have announced that rhinoplasties (i.e. nose jobs) can promote a more feminine appearance in guy-to-gal transsexual patients. This study, published in the journal Archives of Facial Plastic Surgery, followed 12 patients who'd had their noses nipped. All but one (who went under the knife for another try) were happy with the results and credited the re-angling and slimming of their schnozzes as being critical steps in perceiving themselves as women.

Family Food, Not Feud

■ Parents, brace yourselves. Your teenagers like hanging out with you (or at least eating food at the same table). High schoolers who dine with their moms and dads five or more times per week are less likely to drink alcohol, smoke or use drugs than their classmates who do family dinner just twice per week, according to a poll commissioned by the National Center on Addiction and Substance Abuse at Columbia University. And, mind-boggling, 84 percent of the youths said they actually preferred eating with their parents. Maybe it's the meatloaf.

Go Home Already!

■ Next time you think to yourself, "Is my boss trying to kill me with these extra assignments?," you can probably nod. In a study of manufacturing workers, researchers at the Yale University School of Medicine found that being on the clock for more than 40 hours per week raised the probability that workers would get hurt on the job. Injuries like muscle strains, sprained joints, bruises and burns were 88 percent more likely in folks who put in 65 hours or more per week than employees who quit at 40 hours.

Every Breath You Take ...

Dr. Harold Katz will be smelling you to check your mouth bacteria

If you're looking for someone to kiss, try the streets of Columbus, Ohio. That's what dentist-bacteriologist Harold Katz says, anyway. Armed with a device called a Halimeter, the author of "The Bad Breath Bible" is touring the nation to give out gold stars or break the news that, yes, that odor is completely offensive. The current standings have the Midwestern city as the country's fresh-breath front-runner. To prepare our city for his impending arrival (although the date isn't scheduled yet), Katz has some tips on making mouths more fragrant.

ISTOCKPHOTO

Are people aware of how stinky their breath is?
No, people don't know they have bad breath. Their brains get used to their odors.

So, what causes bad breath?
A dry mouth is the number one cause. People don't drink enough water to replenish their saliva, and many mouthwashes are full of alcohol, which just dries mouths out more. The teeth have very little to do with it — it comes from bacteria in the back of the throat. The odor you smell in bad breath comes from anaerobic sulphur-producing bacteria, so it stays away from oxygen.

But can't you scrape your tongue?
That does help somewhat, but people who use traditional toothpaste to do it are making their tongues dry, and you don't want to keep the tongue dry.

Garlic can impact breath, but are any foods surprising?
We recommend that if you go to a party that you look for things that are juicy, like fruits. Dairy foods are a big problem because they contain proteins that can break down and smell.

Do breath mints help?
Not much, especially if it contains sugar. The way you grow bacteria in a lab is to give it sugar.

I hear you've worked with celebrities. Any good stories?
I can't name names, but I treated a singer who had a lounge act. The people at the front tables would go to the back of the room. Also, smokers and drinkers end up with bad breath, so actors have major issues with kissing scenes.

How do you politely tell someone they have foul breath?
We have a tell-a-friend program [on the Web site Therabreath.com]. They'll get an e-mail explaining what bad breath is all about. We're not here to insult them.

Can bad breath be a sign of something more than dry mouth?
Quite often we talk about this as a funny thing, but there's a strong link to illness when you have those high levels of sulphur. It means you're susceptible to gum disease. Once gums are puffy and bleeding, that's a chronic infection. There's a higher incidence of heart attacks and strokes. Signs that things are out of balance could lead to serious consequences.

Any other breath-freshening tips for our readers?
Drinking a six-pack of beer is not the same as drinking water. And we highly recommend flossing. It's one of these things people avoid, but in those crevices is where the bacteria are hiding from oxygen. Also, certain medications — anti-histamines, anti-depressants — can make the mouth dry. So, people who never had bad breath might get it with a new prescription.

I know you haven't tested D.C. breath yet, but any thoughts on how politicians will do?
People who talk a lot use up their saliva, and their breath starts to become offensive. So, if they want to get votes, they should drink plenty of water on the campaign trail.

VICKY HALLETT (EXPRESS)

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Have you ever been unable to move while falling asleep or waking up? You may have experienced **SLEEP PARALYSIS**, a harmless but often terrifying occurrence. To prevent people from violently acting out their dreams, muscle movement is inhibited during REM sleep. When the brain wakes but the muscles don't, the afflicted can't move for a couple of minutes, though they can be snapped out of it with a word or a touch. Some sense evil presences (ghosts, hags) in the room or even sitting atop the dreamer's chest, making it hard to breathe. Stress and sleep disruptions may cause or increase the frequency of episodes; it's also a symptom of narcolepsy.

SOURCE: SCIENCE NEWS, MERCK MANUAL. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

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